

A N N U A L N A R R A T I V E R E P O R T

Mrs. Lois E. Harrison
Home Demonstration Agent

GRAHAM COUNTY
Safford, Arizona

From December 1, 1948 to December 1, 1949

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II. Summary of Activities and Accomplishments

A. Narrative

Graham County women have come to use Extension Service more widely in the past year as evidenced by greater participation, individual requests, a more active homemakers' council, and a broadening of the program for the coming year. The flow of business over the home demonstration agent's desk is another indication of increased teaching.

The lay leadership system has been considered successful. It is gratifying to note that only occasionally do leader training schools fail to represent all affiliated clubs and organizations. Women have come to realize that they need to rely on the leader system if they are to participate in all projects.

84 adult leaders have taught 91 lessons during the year in 10 communities with an attendance of 1,470. 333 leaders have attended the 23 training meetings. Aside from instructing in all leader training meetings, the home demonstration agent has done the teaching in 37 more club or organization meetings, with an attendance of 851.

Fifteen women have served as girls' 4-H club leaders or cooperators. They have held 177 meetings in five communities, with an attendance of 1,715. Two junior leaders have assisted. The home demonstration agent and the junior assistant home demonstration agent met with 4-H clubs 63 times.

Three major special interest schools were held -- tailoring, sewing machine cleaning and restoring old furniture. 63 women completed tailored garments for themselves, 58 women took apart, cleaned and adjusted their own sewing machines, and an estimated number of 30 women will have restored furniture for their homes when the furniture school is completed.

The county homemakers' council has taken more responsibility, both in county project work and in handling the physical arrangements for meetings. Because the council is responsible for the county program, rural women feel to a greater degree that it is truly their program.

Extension service for women has been active in eleven communities, in ten of which there has been planned extension group work. Project studies have been conducted through homemakers'

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clubs, church organizations and special interest groups. Homemakers' club enrollment is 100; affiliated organizations 369.

Homemaking information has been taught by means of meetings, home visits, circular letters, newspaper articles, radio programs, bulletins, and office conferences. Instruction is given by demonstration whenever possible. A program summary of the year's project work may be found at the close of the section "county homemakers' project program". In addition to the above formal program, assistance has been given by the home demonstration agent on all phases of homemaking through office and telephone calls.

The following state extension service personnel have been in the county to advise and assist the home demonstration agent:

Mr. Howard R. Baker	Assistant State Director
Miss Jean M. Stewart	State Home Demonstration Leader
Miss Grace Ryan	Home Management Specialist
Miss Helen L. Church	Clothing Specialist
Miss Reva Lincoln	Nutrition Specialist
Kenneth L. McKee	State 4-H Leader
Mrs. Ellen Kightlinger	Assistant State 4-H Leader
Mr. Joe McClelland	Information Specialist
Dr. J. N. Roney	Entomologist

The following professional persons of the county have assisted in their respective fields, - physicians, nurses, teachers, veterinarians, nurserymen, and the health sanitarian. Schools, churches, and organizations have been cooperative in aiding extension service.

A junior assistant home demonstration agent was in the county for the summer months to receive training in extension work and to carry on most of the girls' 4-H club work. She submitted her own annual report.

Since Graham is one of a two-county unit in home demonstration work, the agent divides time and teaching proportionately between the two. Much of the organization and planning, however, for both counties is done through the one headquarters' office. Separate annual reports are written by the home demonstration agent.

A combined annual report of boys' and girls' 4-H club work for the year was prepared by the county agent and the home demonstration agent. It is submitted separately from this report.

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II. SUMMARY OF ACTIVITIES AND ACCOMPLISHMENTS

B. Statistics

Months in service	12
Days in Graham County	215
Days in field	93-3/4
Days in office	121-1/4
Days spent with adults	152-1/4
Days spent with 4-H	62-3/4
Home Visits	291
Different homes visited	252
Office calls	752
Telephone calls	252
Bulletins distributed	1,735
News Articles	81
Radio programs	27
Mailing list	850
Homemakers' clubs	4
Enrollment	100
Affiliated clubs	14
Leaders in adult work	84
4-H clubs	13
Enrollment	119
Leaders in 4-H work	18
Leader training meetings - adult and 4-H	25
Attendance	442
Demonstrations - adult and 4-H	45
Attendance	941
Other extension meetings - adult and 4-H	17
Attendance	991
Miles traveled	3,174

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III. Project Activities and Results

Extension Organization and Planning

1. Extension Schools and Conferences

The 1948 Annual Conference of the state Extension staff of Arizona emphasized letting all workers know how the others are carrying on, in serving the farm family. County agents and home demonstration agents took turn about describing in some detail how they get the job done. Mentioning one or two of the topics of discussion shows their trend: "The Community and the Agent, How Nutrition is Taught. This home demonstration agent spoke twice on the program, relating How Tailoring is Taught and Planning 4-H Club Meetings. The give and take of county problems and teaching methods were most worthwhile and appreciated by this agent.

The agent attended the extension service radio school for staff members. Advice and practice gained have made easier the preparation of the weekly broadcasts made by the county agent and the home demonstration agent. Being advised to change from reading to talking from notes has proved to be the most important help. Putting more local names into the broadcast has been pleasantly accepted.

To prepare home demonstration agents for sewing machine cleaning workshops, a school was held in March by the State Clothing Specialist. Sewing machines of the three main types were taken apart, studied, cleaned, put back together and adjusted to a perfect stitch. The teaching was precise, and one could not but know sewing machines thoroughly by the time the school session was over.

Thirteen county ladies and the home demonstration agent attended the 3-day Country Life Conference held at the state University for all rural women. Homemakers' clubs and affiliated organizations were represented among the delegates. Five communities of the county were represented. One Graham county lady joined others to make a "Dinner Bell" radio program sponsored by the "Arizona Farmer" magazine, and broadcast over the entire state. The president of the County Homemakers' Council was featured on a radio program which described the events of the Country Life Conference. She stressed the inspiration that came from the conference to make rural women see the advantages and satisfactions in rural living. This agent served as program chairman for the county homemakers' demonstrations.

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The agent is a member of the state 4-H policies committee, and met with this committee for a two-day session in April. Study and plans were made of county and state 4-H events, 4-H camp, leadership training, local and state, and national contests. The most important policy to come out of this particular meeting is that for out-of-school clubs and lay leadership.

The agent attended the summer short course for extensioners at Colorado A. & M. College. Training in 4-H history and present methods were received from Mr. T. A. Erickson, Rural Consultant, General Mills Corporation. The class was valuable both from the standpoints of Mr. Erickson's teaching and experiences, and individual or panel presentations by class members. The class represented the largest number of extensioners ever gathered together to study 4-H circumstances and methods. The home demonstration agent studied also Extension philosophy objectives and methods taught by Kenneth Warner, Extension Meat Specialist from the national office. The psychology which Mr. Warner preached and practiced was very effective. The JIT methods demonstrated are most helpful in any extension teaching. Thirty-two states, Canada, Hawaii, and India were represented by the 144 extension workers present in the summer session. This agent was chosen to receive a cash scholarship for summer school, offered by the Horace A. Moses Foundation, Inc. of West Springfield, Massachusetts. The scholarship is awarded in the interest of advanced study in 4-H work.

The agent attended the 3-day leadership school in Flagstaff. It was certainly with a feeling of satisfaction that the agent realized nearly 80 4-H club leaders in the state were interested enough in club work to go to the school. Leaders' expenses for the three day session were paid by the Sears Roebuck Foundation. This being the first training school on a state-wide basis, the turnout and apparent accomplishments were outstanding. Three adult and two junior leaders attended from Graham County. It was important to note that there were about equal numbers of junior and adult leaders in the school. All surely gained inspiration for their own club work, learned best ways of conducting demonstrations and meetings, and were able to compare their own efforts and achievements with those of other clubs and leaders. Perhaps the most revolutionary outcome of the conference was the acceptance and backing of the policy to get 4-H clubs out of the schools. This agent served as part of the teaching staff, presenting "How to Organize 4-H Clubs." Miss Lydia Ann Lynde, Family Relations Specialist in the national office, pleased everyone by her practical approach to and consideration of adolescent problems.

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The home demonstration agents annual conference of four days was attended by this agent. The conference sessions were dominated by an informal atmosphere of rock bottom discussion of county and state problems among the several agents and specialists. Of particular help were the studies of weekly, monthly and annual reports. This agent presented to the group the following topics and discussions: Making the Weekly Report Work For You; Organizing 4-H Clubs; and Summer School Study. The information that Mrs. Lydia Ann Lynde brought to the agents was most challenging. Her experience in working with families and with youth was described in such a way that all agents must have been inspired to greater efforts in family relations problems. Mrs. Lynde has a way of teaching so that one cannot fail to be invigorated.

Miss Jean Stewart, state home demonstration leader, was in the county twice during the year to assist in program planning and execution. She attended the two County Homemakers' Council meetings, speaking at the spring meeting on "County and State Councils", and at the fall meeting on "Long Range Planning, Short Range Action".

Leader training and special interest schools were held in the county by state staff members and the home demonstration agent as follows:

Helen L. Church	Tailoring (2 lessons)	Dec.
Reva Lincoln	Home Milk Pasteurization	Jan.
Helen L. Church	Redmodeling and Salvage of Clothes	Feb.
	Tailoring (1 lesson)	Feb.
Home Demonstration Agent	Tailoring (4 lessons)	Feb.
Reva Lincoln	Meals That Save and Satisfy	Mar.
Dr. J. N. Roney	Insect Control (2 meetings)	Mar.
Home Demonstration Agent	Sewing Machine Cleaning	Apr., May, Aug.
Reva Lincoln	Home Freezing	May
Kenneth L. McKee	4-H leader training	June
Helen Church	" " "	June
Reva Lincoln	" " "	June
Grace Ryan	" " "	June
Home Demonstration Agent	Home Canning	June
Grace Ryan	4-H Room Improvement Project Wk.	July
Helen Church	Grooming	Sept.
Grace Ryan	Room Color Schemes	Oct.
Home Demonstration Agent	Holiday Decorations	Nov.
Home Demonstration Agent	Restoring old furniture (3 lessons)	Dec.

All the above training schools were held according to the year's Plan of Work made in advance. Certain adjustments were made as any project required.

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A new home demonstration agent at large spent two days in the county for purposes of orientation. During this time office work was attended, home visits were made to club presidents, and a demonstration on home milk pasteurization was given. At a P.T.A. meeting the agent showed the film "Battling Brucellosis" and talked on "Undulant Fever and Safe Milk". This being a cross section of the work of a home demonstration agent, it is hoped that the new agent could realize adjustment to the work.

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III. Project Activities and Results

Extension Organization and Planning

2. County Homemakers' Council

In the past year the Graham County Homemakers' Council has in reality functioned as a council. It has taken matters of county homemaking interests into its own hands; made study projects of them, appointed committees to act for the benefit of causes the council backed, arranged county-wide meetings, and in many ways assisted the agent in carrying on the Extension program. The officers have served efficiently to plan and run their own council meetings.

It was through the president of the council and her officers that requests for the Country Life Conference program were received. The question of the organization of a state council was handled through county council officers. The agent met with the officers at least once for formal planning of county meetings. Mechanics of each meeting were taken care of by the officers and their committees.

Twenty-nine ladies gathered for the spring, all-day meeting. The librarian of Gila College was the main speaker, his subject being "Rural Library Service for Arizona". The film "Books and People" borrowed from the University was shown to let the folks see how a mobile library unit operates. A county library service committee was appointed which should follow through the suggestions of action to procure some kind of service for Graham County. Council project reports described progress made on: getting all youth teachers to instruct the same food habits, getting the services of a visiting nurse, valley and community fly control. These projects are discussed later in their proper section of the report. Club reports told of activities and projects accomplished during the year. The home demonstration agent gave a summary of the 1949 program under the topic "Extension Service You May Want". She showed photographs of past work such as tailoring and milk pasteurization, and future projects such as room color scheme study. A program and meeting minutes follow this report section.

The fall council meeting had as its specific job the planning of the 1950 extension program. Twenty-two attending ladies were divided into four groups, clothing, nutrition, health, and home furnishings, each group headed by a chairman. Requests made by clubs and individuals about the county were considered by this group for the coming year's program. 4-H club work was stressed, and a club member demonstrated "How to Clean Metals". The Council voted two members to serve on the planned county 4-H council. A program and meeting minutes follow this report section.

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A program sifting committee composed of out-going and in-coming council officers and chairmen of area groups met to whittle down and calendarize the 1950 program recommendations made at the fall meeting. According to the tentative program thus made, the agent prepared a program showing club projects, council projects, county-wide special interest projects, and club special interest projects, including also possible university kit lessons, and forwarded it to the state office for approval. Through the council each homemakers' club and affiliated organization will receive a copy of the approved program from which it may choose projects for its own group study.

It is gratifying to the agent that the Council is taking on its own shoulders matters of county interest and study through extension service. Its eyes are open to possible improvement in health, nutrition, youth development, convenient homes, and family relationships.

Four homemaker clubs and ten L.D.S. Relief Societies in the county are active in the homemakers council. During the past year council officers visited groups other than the ones to which they personally belong to learn how others are carrying on. This visiting will be done again in the coming year.

GRAHAM COUNTY HOMEMAKERS' COUNCIL

Safford, Arizona
March 31, 1949

Dear Homemaker:

As President of your Homemakers' Club or Relief Society, you and your executive officers are especially invited to the meeting of the Graham County Homemakers' Council. Please extend this invitation to all members of your organization.

PROGRAM OF THE MEETING

Pima Relief Society Hall
Thursday, April 14, 10:30 A.M.

- 10:30 Registration
- 10:45 Call to order - - - - - Mrs. J. David Lee, President
Minutes - - - - - Mrs. Paul Alder, Secretary
Rural Library Service
Library - - - - Mrs. Vinnie Marshall
Rural Angle of Library - Mr. Charles Kiser, Librarian of Gila
Junior College
(To be illustrated by moving pictures)
- 12:00 Noon - - - - - LUNCH - - - Price 80¢
- 1:15 Reports of activities in panel discussion, Mrs. Allen Hart, Chairman
assisted by presidents of the Homemakers' clubs and Relief Societies
Special reports on:
Visiting Nurse's Kit - - - - -Charlotte Weathersby
Teaching Child Food Habits -- Olive Hoopes
Fly and Mosquito Control - - - Lela Udall
- 2:00 "County and State Homemakers' Councils" - - - Miss Jean M. Stewart
State Home Demonstration Leader
- 2:30 "Extension Service You May Want" - - - - Mrs. Lois E. Harrison
County Home Demonstration Agent
- 2:45 "Country Life Conference" - last minute check-up.
- 3:00 Adjournment

PLEASE RETURN THE ENCLOSED ATTENDANCE CARD NOT LATER THAN MONDAY, APRIL 11th
BE SURE THAT YOUR ORGANIZATION IS REPRESENTED.

Sincerely yours,

/s/ Mrs. J. David Lee
Mrs. J. David Lee
Council President

s/ Mrs. Allen Hart
Mrs. Allen Hart, Council Vice President

/s/ Mrs. Paul Alder
Mrs. Paul Alder
Council, Secretary, Tres.

MINUTES

GRAHAM COUNTY HOMEMAKER'S COUNCIL

Spring Meeting, 1949

The Graham County Homemaker's Council held its spring meeting on April 14th, 1949, in the Pima Relief Society Hall. The meeting was called to order at 10:30 A.M. by ~~Acting~~ President, Mrs. J. David Lee, of Thatcher. Mrs. John Reddock gave the homemaker's creed. Minutes of the previous meeting were read by the secretary, Mrs. Paul Alder of Pima, and approved as read.

Mr. Charles Kiser, librarian at Gila Junior College, was the main speaker of the day. His subject was "Rural Services of Libraries". Mr. Kiser reviewed the Arizona survey of library service. Mrs. Vinnie Marshall of Pima, chairman of the Homemaker's Library Committee, was to choose a committee and correspond with proper state officials to see if Graham County could have a traveling book-mobile.

A lunch was served at noon by the ladies of the Pima Relief Society.

Reports on organization activities of women's groups following the Extension Service teaching program. Mrs. Charlotte Weathersby of Klondyke reported on their nurse's kit. Mrs. Olive Hoopes of Thatcher reported on "Improved Food Habits of Children". Mrs. Ella Lee of Thatcher told of the county efforts toward fly control. Organizational reports were made by the following ladies: Mrs. Marie Sherman of the Safford Homemakers' Club, Mrs. Bessie Layton, Thatcher Relief Society. Mrs. Wilford Hamblin of the Central Relief Society, Mrs. Hazel Bryce of Ashurst Homemakers' Club, and Mrs. Pearl Cluff of the Pima Relief Society. Mrs. Thelma Hart of Ft. Thomas was chairman of the county report session. Miss Jean M. Stewart, State Home Demonstration Leader, spoke on "County and State Homemakers' Councils".

Mrs. Lois Harrison, Home Demonstration Agent, outlined "Extension Service You May Want".

Mrs. Lee conducted a last minute check-up on Country Life Conference attendance. It was reported that 16 ladies of Graham County planned to attend. The meeting was adjourned at 3:15 P.M.

Respectfully submitted,

Mrs. Paul Alder, Secretary

GRAHAM COUNTY HOMEMAKERS' COUNCIL

Safford, Arizona
September 15, 1949

Dear Homemaker:

As President of your Homemakers' Club or Relief Society, you are invited to the fall meeting of the Graham County Homemakers' Council. Please extend this invitation to all members of your organization.

It is the responsibility of the Council at this meeting to set up a County Program of Work for 1950 for all clubs and organizations which use the Extension Service training program. The election of officers is another duty of this meeting.

PROGRAM OF THE MEETING

Safford Ward Church
Wednesday, September 28, 10:30 A.M.

- 10:30 Registration
- 10:45 Call to order Mrs. J. David Lee, President
Minutes Mrs. Paul Alder, Secretary
Greetings S. L. Owens, Mrs. Lois E. Harrison
County Agent Home Demonstration Agent
- 11:00 Housing Miss Grace Ryan, Home
Management Specialist
- 11:45 Demonstration, Cleaning Metals Jeanine Stewart, 4-H Girl
- 12:00 Noon LUNCH , POT LUCK
- 1:00 "Long Range Planning, Short Range Action" Miss Jean M. Stewart
State Home Demonstration Leader
- 1:40 Planning 1950 Program
Project Discussion Groups Chairmen: Clothing - Mrs. Carol Lines
Foods & Nutrition - Sophrona
Clawson
Home Management - Thelma Hart
Health - Charlotte Weathersby
- 2:40 Reports to general session Project groups chairmen
- 3:15 Announcement of Sifting Committee Meeting
- 3:30 Adjournment

Extension Service integrates homemaking training for all groups of women.

BE SURE THAT YOUR ORGANIZATION IS REPRESENTED.

Sincerely,

Mrs. Allen Hart
Mrs. Allen Hart, Council Vice-Pres.

Mrs. J. David Lee
Mrs. J. David Lee, Council Pres.

Mrs. Paul Alder
Mrs. Paul Alder, Council Sec. & Tres.

MINUTES

GRAHAM COUNTY HOMEMAKERS' COUNCIL

FALL MEETING

The Graham County Homemakers' Council held its fall meeting September 28, 1949, in the Safford Relief Society Hall. The meeting was called to order at 10:45 A.M. by the President, Mrs. J. David Lee of Thatcher. She extended an invitation for all to attend the Associated Country Women of the World convention this year in Colorado Springs. The Homemakers' Creed was given by Mrs. Edna Clawson. Minutes of the previous meeting were read by the Secretary, Mrs. Paul Alder,, and approved as read.

County Agent, S. L. Owens gave a brief talk on "How to Make Your Yards and Homes More Pleasant Places to Live".

Mrs. Lois Harrison, Home Demonstration Agent, spoke about the Homemakers' Lamp and explained its meaning.

Miss Grace Ryan, Home Management Specialist was the key speaker. Her subject was the "Expandable Farm House".

Jeanine Stewart, a 4-H girl, gave a demonstration "Cleaning of Metals". A pot luck luncheon was served at noon.

A report from the nominating committee was given by Mrs. Vinnie Marshall. The election was carried as follows: President, Mrs. Thelma Hart, Vice-president, Mrs. Charlotte Weathersby, Secretary, Mrs. Lois Cope.

Miss Jean Stewart, State Home Demonstration Leader, spoke on "Long Range Planning, Short Range Action".

Planning of the 1950 program was then turned over to discussion groups:

- Chairman of Clothing - Mrs. Trella Ellsworth
- " Foods and Nutrition - Mrs. Sophrona Clawson
- " Home Management, Mrs. Thelma Hart
- " Health, Mrs. Louise Regan

Reports of recommendations to the general session were given by group chairmen.

Announcements of the Program Sifting Committee meeting was set for Friday, October 7 at 2:00 P.M. in the Extension Service Office.

Respectfully submitted,

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Mrs. Paul Alder, Secretary

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III. Project Activities and Results

Extension Organization and Planning

3. County Homemakers' Program

A project program for the year was made by the following sequence of considerations:

1. Requests made by homemakers' clubs, other affiliated organizations, and individuals
2. Critical appraisal of homemakers' needs according to surveys of the county and past project studies
3. Council selection and recommendations for year's program
4. Sifting and calendarizing of recommendations by a council committee
5. State Extension Office approval of the program
6. Calendarized project program sent to each homemakers' club and affiliated organizations
7. Acceptance of all or part of the program by each organized group

Arrangements for the assistance of specialists were made through the state office. A detailed Plan of Work and teaching outline was made to facilitate the carrying out of the program. A copy of the program by months and by projects follows this report section. It shows the program divided into:

1. County club projects
2. County special interest projects
3. Local club special interest projects
4. County council projects
5. Newspaper and radio teaching projects

The project program for 1950 has been planned by a similar sequence of action. A copy of the program by months and by projects follows this report section.

In Graham County, Extension Service and the L.D.S. Relief Societies cooperate very closely in program planning and execution. As affiliated organizations the Relief Societies send their work directors to extension leader training meetings and use the extension teaching very effectively. Four homemakers' clubs and ten relief societies plan and follow the program together.

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All homemakers clubs use program booklets so that each member may have information of each months' study as follows:

1. Date and time of meeting
2. Hostess
3. Roll call answer topic
4. Project
5. Leaders
6. Special interest

Hostesses and project leaders are selected for the entire year. Changes or substitutions are made as necessary.

Lay leadership is being used quite successfully. Since the agent oversees the study of 22 clubs or affiliated organizations in the two-county unit, it would be impossible for her to attend all meetings. Project leader meetings are consistently held at the same meeting place, consistently on the Thursday of the first full week of the month. By this procedure, leaders are prepared for teaching the projects in ample time for their own group meetings which fall, according to plan, later in the month. One hundred percent attendance at all leader training meetings is not the case, but it is satisfying to realize that the percentage is not far below that. Leader reports are used for all projects applicable, and, in this past year, they have been turned in at the rate of 80 to 90 percent. Year summary reports are in this report in their proper sections.

The agent has attended meetings with each club in the county at least four times during the year. For special assistance in re-organization she has attended the meetings of one club five times. It is still very evident that rural women rely on and sincerely want the agent to attend as many meetings as possible. However, they have accepted the lay leader system and are developing good community leaders because of it. Many have expressed their appreciation of being chosen to attend leader meetings and to carry the study to the rest of their groups.

Special interest schools have been very popular. The extension school of tailoring has done a valuable good to the prestige of extension service. Its favorable name and fame have gone far from this one project. Details of the tailoring school are told in this report in the Clothing section. In the same trend is the sewing machine cleaning project. Women are really appreciative to learn such usable information. The

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school for restoring furniture, to be held in December of this year, is expected to call forth equal interest. It is a repeat project because so many women missed it when last given.

Newspaper articles and radio talks supplement the organizational teaching. The local paper carries a weekly column of the home demonstration agent, and with the county agent, she has a weekly radio program. Special request teaching is done as the need arises.

PROJECT WORK	LEADER TRAINING MEETING	PROJECT LEADERS NEEDED
Milk, Meat, Undulant Fever Home Pasteurization of milk	yes	2
Tailoring of Womens' Coats & Suits Special interest		
Remodeling and Salvage of clothes	yes	2
Tailoring of Womens' Coats & Suits Special interest		
Short cuts in cooking - One Dish Meals Broiler foods	yes	2
Gila Valley Fly Control - special interest		
Sewing Machine Clinic - Special interest and club		if desired project
Spring County Council Meeting Country Life Conference for Women		
Freezing of Foods - special interest	yes	if desired project
Pressure cooker clinic - special interest	yes	if desired project
Recreation and community life		2
Year's Business - Book Review		1
Making the best of appearances-grooming Fall County Council Meeting	yes	2
Room color schemes County Fair	yes	2
Restoring old furniture - special interest State Fair	yes	if desired project
Recreation and community life	1 or 2	1 or 2

months when your club doesnot choose the regular county project, the following
projects will be available to you:

Short Cuts in Sewing
Using a Nurse's Kit
Library Service for Rural People
Arizona Cancer Program
Reading a One Act Play

: July: Apron Making

: make arrangements with me personally for any of the above projects.

County: Graham

Tentative
SUMMARY BY MONTHS
for period
January 1, 1950 to January 1, 1951

Sub Project

MONTH	PROJECT WORK	NO. SPECIALIST DAYS REQUIRED	LTM	PROJECT HANDLED IN COUNTY BY:
JANUARY	Management-year's schedule & How to Make a Bed *1			Club presidents
FEBRUARY	Lighting	1	X	H.D.A. or leaders
MARCH	Family Meals *2	1	X	H.D.A. or leaders
APRIL	Club Special Interest			Leaders or H.D.A. or trained persons from other fields
MAY	Making Clothing Accessories	1	X	H.D.A. or leaders
JUNE	Medical Care: Feet and shoes; accidents			Medical personnel
JULY	Recreation			Leaders
AUGUST	4-H Observance and Book Review			Leaders
SEPTEMBER	Designs for Self *2	1	X	H.D.A. or leaders
OCTOBER	Window Treatment - Draperies	1	X	H.D.A. or leaders
NOVEMBER	Sewing Machine Attachments	1	X	H.D.A. or leaders
DECEMBER	Election of officers and recreation			Leaders

Short demonstration sent in leader's kit
Project slightly different, but under same specialist
PROGRAM TO BE SUBMITTED SEPARATELY TO 4-H DEPARTMENT
COUNCIL SPECIAL INTEREST PROJECTS

NOTE: Pressure cookers to be tested
any time during year

4-H	Continued study of county library possibilities			Council committee
	Sponsoring 4-H and 4-H Council			" "
	Advocacy of County Hospital			" "

COUNTY SPECIAL INTEREST PROJECTS

4-H	Lamp Making	2		Specialist
4-H	Sewing Machine Cleaning			H.D.A.
4-H	Children's Clothing			H.D.A.
4-H	Council Meetings			H.D.A. & Council

4-H SPECIAL INTEREST PROJECTS

4-H	Dry Cleaning			Leader
4-H	Apron Making			Leaders
4-H	Cancer Program			M.D.
4-H	Adolescent Activity			Leader
4-H	Other University Kits			Leader

Attachment for Tentative Summary by Months
For period January 1, 1950 to January 1, 1951

Graham County

Requests for specialists will be made as indicated on the sheet "Summary by Months"

All Leader Training Meetings are to be scheduled for the Thursday of the first full week in the month indicated.

Specialists' services needed by the home demonstration agent for projects for which no specialist is called into the county may be given at such time as they are in the county for otherwise requested days.

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III. Project Activities and Results

Extension Organization and Planning

4. Publicity

Publicity for extension service in Graham County has been handled through several expedients. The local weekly newspaper, the "Graham County Guardian" carries a regular column by the home demonstration agent, a sample of which follows this report section.

In addition, news relating to specialties such as council meetings, special interest schools, state meetings and project studies are released by the agent. News concerning club activities is issued to the press by club reporters, a sample of which follows this report section. Keener club enthusiasm is realized from women doing their own reporting.

Every week a "Safety Tip" is included with the column of the agent.

News of extension service activities is carried also by the "Tucson Daily Citizen" in the Eastern Arizona Edition. The reporter gets his news directly from the home demonstration agent or she furnishes him with articles. A sample follows this report section.

The home demonstration agent sends to the "Arizona Farmer" news of county activities which are considered to be of broader, state-wide interest. For special occasions in the county, this paper sends a reporter into the county. Pictures usually accompany these articles. A sample follows this report section.

Pertinent news is issued also to all the above-mentioned newspapers by the State Extension Service Information Office.

The county agent and the home demonstration agent have a weekly radio program of 15 minutes. Regular air time is each Saturday from 12:30 to 12:45 P.M. That is a time when farmers, homemakers and 4-H youth may be found at home. The name of the program is "Stepping Along with Our County Extension Service". The musical theme is the lively march "Stepping Along". Programs are varied, both in content and guest speakers, but local interest and information is always the main text. State personnel and local professional persons have appeared from time to time to give change to the listening public. 4-H work has had its share of the programs through the year. Local names and stories are used every possible occasion. Farmers, homemakers, 4-H club leaders and members appear on the program, probably on an average of more than once a month.

Lois E. Harrison
Graham County
1949

In addition to the regular radio program, the home demonstration agent has special announcements made from time to time on another feature program "The Bulletin Board of the Air". On the air daily at 10:15 A.M. this offers an excellent opportunity for spot news of leader meetings, workshops, club meetings. One other program heard daily at 7:15 A.M. often carries extension service news. Both these programs are handled by radio station staff members, and often they call extension service to get the news.

At particular times, such as National Home Demonstration Week, National 4-H Week, National Safety Week, radio coverage is always a part of the observance.

Circular letters to the mailing list are used to a lesser degree than would be the case if the newspaper and radio publicity were not so complete, quick, and effective.

The following list gives titles of articles in the home demonstration agent's regular column: Housekeeping Helps and Hints":

Food Selection and
Preparation

Corn Fondue
Main Course Custards
New Way of Cooking Beans
Try An Old Favorite (cornmeal)
Keep Skins on Vegetables
Pan Broiling Certain Cuts of Meat
Shorts on Fish, Oatmeal, Beets
Try Carrot Souffle
What's in an Egg?
Good Way to Use Bacon Fat
Let's Have Good Melons
Ways With Peaches
Summer Egg Care
Three C's for Keeping Eggs
Dress Up Salads for the Family
Sweet Potatoes now are Autumn Special
Use Frozen Food, Do Not Save It
Carrot Marmalade
Keeping the Cookie Jar Full

Lois E. Harrison
Graham County
1949

Nutrition Altitude changes Time of Vegetables
 Help Yourself to Meat
 Milk for Young and Old
 Don't Overlook Milk as Source of Calcium
 Plentiful Hens are Here
 Get Your Calories Straight or Mixed
 Most for the Least

Food Preserva-
tion and
Storage Planning for Canning
 Frozen Foods Contest Open
 Freezer Size is Important
 Frozen Vegetables Contain Few Bacteria

Home Manage-
ment Invasion of Bugs and Insects
 Winter is Hard on Washing Machines
 Double Bleach
 Water Spots
 Get the Most From Your Sewing Machine
 What's New in Starch
 Pick Best Spot for Your Home Freezer
 Scan the Stores for New Aids
 Fewer Pots and Pans to be Washed
 Kitchens can be Dangerous
 Cleaning the Kitchen Range
 Child's School Grades May Rise with Improved
 Lighting for His Study

Clothing and
Textiles Nylon Knitting Yarns
 Graham County Women Suit Themselves
 Graham County Women Tailor Their Own
 Shrinking and Stretching of Clothing Studied
 Perk up Your Pocketbook
 County Home Tailoring
 Self Help Clothes for Children
 Matching Plaids
 All Wool and a Yard Wide - and Vat Dyed
 Proper Care Means Longer Life For Nylon
 Firm Fasteners will Stand Wear

Lois E. Harrison
Graham County
1949

Health and
Safety

Recreation
Holiday Fun
Christmas Suggestions
Holiday Time
Kitchens can be Dangerous
Fire Danger Greater in Rural Dwellings
Than in City Homes

Miscellaneous

Arizona Rural Women Get Together
(Country Life Conference)
Trip to Tucson Country Life Conference
Graham County Well Represented
Eden has Special Cancer Program
National Home Demonstration Week
Graham County Homemakers' Council Plans
Program

Radio programs directed to 4-H club work are described in the
joint 4-H report of the county agent and home demonstration agent.
Radio programs for the year included the following:

Nutrition	We are what we eat Milk pasteurization
Food Preparation	Meals That Save and Satisfy
Food Preservation	Freezing bread and rolls Canning - pressure cooker testing Freezing foods - state specialist assisting
Home Management	Home beautification Room color schemes Household pests Fly control - state entomologist assisting
Health	Brucellosis - milk pasteurization local veterinarian assisting Undulant fever and milk pasteurization local doctor assisting
Clothing	Remodeling of clothes, salvage state specialist assisting Patterns for children's overalls

Six or more programs were given over to 4-H with the assistance
of local leaders, club members, and state specialists, and as
reported by the junior assistant home demonstration agent,
summer programs emphasized 4-H work. Toward fall a number of
radio programs discussed problems of participation in county
and state fairs, with several community leaders telling their
stories with the county agent and home demonstration agent.

Samples of regular column of the Home Demonstration Agent as published weekly in the local "GRAHAM COUNTY GUARDIAN"

GUARDIAN-FARMER — SAFFORD, ARIZONA

HOUSEKEEPING
By **H**ELPS AND
Mrs. **H**INTS
Lois. E. **H**arrison

Home Demonstration Agent
Safford, Arizona

**FEWER POTS AND PANS TO
BE WASHED**

Improvements on modern kitchen ranges reduce the type and number of utensils needed for cooking. New ranges give faster high heat, and offer a wider choice of low even heats, from simmering down to warming temperatures.

Once upon a time homemakers relied on double boilers and asbestos mats to protect foods from high heat when they went off and "forgot" that something on the stove. Heat controls are now so perfect on the newer ranges that many hazards are removed. Even soft custards, white sauces, and cocoa may be cooked directly over simmering heat. Foods needing storage before a meal may safely wait on the heat marked "warm".

Study the newer models for the five or more heats offered on surface units; for "simmer settings" of the valve handles; for the outer circle burner that can do

tricks by itself, while the inner flame is cut off.

And, in addition, remember the chance to reduce the number of pots and pans to be washed after the meal!

**NEW JOBS FOR PAPER
TOWELS**

Now there are paper towels with new claims of vim and vigor! These towels may be more useful than ever for the many jobs assigned to them.

They are still soft and absorbent, but have been treated by a process to make them strong even when wet. This gives some new advantages. You can use these towels for washing windows, cleaning silver, wiping tracks from

floors and cleaning sinks and basins. **SAFETY PAYS:** Do you urge members of your family to work safely, play safely, drive safely, and try to prevent accidents by correcting conditions which cause them?

Samples of regular column of the Home Demonstration Agent as published weekly in the local "Graham County Guardian"

GUARDIAN-FARMER — SAFFORD, ARIZONA

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By HELPS AND
Mrs. HINTS
Lois E. Harrison**

Home Demonstration Agent
Safford, Arizona

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floors and cleaning sinks and basins. **SAFETY PAYS:** Do you urge members of your family to work safely, play safely, drive safely, and try to prevent accidents by correcting conditions which cause them?

Representative Clippings showing Reporting by
Club Reporters to the local weekly - Graham County
Guardian

end of a toothpick is just right for making hearts, and writing, "I love you," on the marshmallows. Into your glasses of pink lemonade, or fruit punch, or cocoa, place these marshmallows, with the decorated side up. Another way to use them, is to put them on the tops of cookies. To make them stick to the cookies, either press them onto them just as they come out hot from the oven, or you may warm the under side of the marshmallows until they are sticky, then press them onto the cookies.

If you serve ice cream or jello at your party, a decorated marshmallow on top of each serving will make it much more attractive.

And if you want to give something different for Valentine, your teacher, or best friend will like a box of these decorated candies, especially if you have written the message, "Love You," on some of them.

EDEN HOMEMAKERS CLUB MEETING HELD JAN. 20

The Eden Homemakers Club held their first meeting of the year on January 20 at the home of Naoma Foster.

Maybelle Carpenter gave an interesting demonstration of three methods of milk pasteurization and talked on the subject of "Meat, Milk and Undulant Fever."

Refreshments of jello and cookies were served by the hostess to Maybelle Carpenter, Vinnie Marshall, Belle Bryce, Lois Kempton, Clara Marshall, Charlotta Douglas, Stella Kempton and Fern Taylor.

Safford Homemakers To Meet February 9

The Safford Homemakers Club will meet at the home of Mrs. A. J. Cubitto on First Avenue in Safford, Wednesday, February 9th, at 2:00 p.m. with Mrs. Frank Hundley acting as hostess. The subject for the afternoon meeting will be "Remodeling and Salvaging Clothing." Mrs. Joseph Wells will be the leader.

All members and any ladies who wish to join are urged to attend.

Aravaipa Homemakers Club Met Wednesday

The Aravaipa Homemakers club met at the home of Mrs. Sophronia Bennett Wednesday, March 16, 1949. There were twelve members and several children present.

Mrs. Gertrude Pointer was the project leader and presented the discussion on "Food, Meals, Nutrition." She prepared a liver casserole which was one of ten recipes given by the University Nutritionist, Reva Lincoln. It was tasty, healthful, nourishing and economical. The ten recipes were reviewed and child feeding was discussed.

Miss Minerva Harbage, a house guest of Eleanor Claridge, was a guest at the meeting. Miss Harbage is a nutritional expert and has done considerable traveling in other countries in connection with her work. Her presence was enjoyed very much.

Sew-a-Stitch Club Elects New Officers

The Sew-A-Stitch 4-H Club of Safford met on Monday, March 11, 1949 at 4:10 p.m. in the home of their leader, Miss Carol Christensen. It was a business meeting with the election of officers the first business. Susan Rogers was elected president with Carol Jean Perkins, vice-president; Nancy Nuttall, secretary; Arden Moore, reporter; Donna Hudson, pianist; and Shirley Doss, song leader.

Donna Jean Hudson made a motion that anyone who was late should pay a penny. The motion was seconded by Arden Mopre. Donna Hudson made a motion that all meetings be held at the home of Miss Christensen with members taking turns as refreshment hostesses.

Members present for this meeting were Susan Rogers, Donna Hudson, Arden Moore, Nancy Nuttall, Shirley Doss, Judy Lincoln, Rithia Tate, Carol Jean Perkins, Margaret Wardlaw, and Sandra Mulleneaux.

Safford Homemakers See Demonstrations

The Safford Homemakers club held their first meeting of the year on January 12 at 2:00 p.m. in the Odd Fellows Home with Mrs. Reagan as hostess. Many new and progressive plans were made for the year.

Mrs. Minola, Mrs. Radock, and Mrs. Benbow gave excellent demonstrations of three methods of milk pasteurizations. The demonstrations were accompanied by talks on the subject of "Meat, Milk, and Undulant Fever".

Refreshments were served during the recreation period following the lesson.

SECTION TWO

FRIDAY, MARCH 25, 1934

Arizona Rural Women Get Together



Ladies who attended Country Life Conference last year. Left to right: Mesdames: Loretta Layton, Marvine Nuttall, both of Safford; Vinnie Marshall, Pima; Annie Christenson, Eden; Thelma Hart, of Ft. Thomas; and Lois Harrison, home demonstration agent, Safford.

Have you made your reservation for the Annual Country Life Conference of Arizona women?

The accompanying picture shows Graham county women who attended last year. Let's swell the ranks many times for this year's conference. Just ask anyone who went last year whether or not she had a good time or whether she wants to go again.

The conference will be held April 18-21 at the University of Arizona. Every rural woman is invited. Yuma Hall will be the dormitory given over to ladies' use. The expense is small.

"You and Your Food" is one subject on the program to be discussed by Ethelwyn Wilcox, professor of foods and nutrition at Utah State Agricultural College. "Rural Women Move Forward" is another topic to be discussed by Amy Kelly, Missouri State Extension Agent. There will be programs of music and group singing.

Every woman will have a choice of five classes one of which she many attend each morning. Two of the classes are "Recreation for Teen Ageds" and "Design in Flower Arrangements". County reports, exhibits, and trips about the campus will be included in the program.

If you have not received a Conference announcement and reservation form through the mail, you may get one from your home demonstration agent, Mrs. Lois E. Harrison. All reservations must be made by April 1st. If you take a car, but it with your own, find transportation with a friend who is going.

Security Stressed At Conference Of Rural Women

"Build security in the farm home," urged Amy Kelly of the Agricultural Extension Service of Missouri in speaking to the 150 Arizona farm women attending the sixth annual Country Life Conference at the University of Arizona, Tucson, April 18 to 21.

Jane H. Rider, director of hospital survey for the state Department of Health discussed hospital needs in Arizona. "Health," she said, "is the best investment you can make." Dr. Ethelwyn B. Wilcox of Utah State Agricultural College reported on latest developments in the field of nutrition.

During the 3-day conference, rural women attended special

classes in human relations, art, recreation, the questions of young people, and flower arrangements. Crayon drawings were made and exhibited by those in the art classes, most of whom had never before tried to draw or paint. In the flower class, actual arrangements were made.

Returning to the 11 counties from which they came, those attending the conference this year reported an instructive and relaxing experience. A breakfast by the Tucson Chamber of Commerce the last morning completed the program which included a barbecue, square dancing, and tours of inspection of campus home-economics facilities in addition to the classes and lectures.

The event is sponsored each year by the Agricultural Extension Service, and is organized by Arizona farm and ranch women under the leadership of Jean M. Stewart, state leader of home demonstration work. All rural women are eligible to attend.

Country Life Confab Draws Women To UA

By NORMAN HARRINGTON

SAFFORD, Mar. 24.—Arizona rural women from every corner of the state are planning to attend the annual Country Life conference which will be held on the UA campus in Tucson Apr. 18, 19, 20 and 21. Mrs. Lois E. Harrison, county home demonstration agent, now is taking reservations for Graham county women. She said Apr. 1 is the deadline for reservations.

Six women from this county attended last year and returned home with glowing reports of the conference, she also stated. Every rural woman is invited to attend and Yuma hall on the campus will be turned over to the visitors. A small expense is involved for those attending.

Lectures, county reports, exhibits, trips of interest, programs of music and group singing are a few of the items included on the 1949 agenda of the conference. Every woman will have a choice of five classes, one of which she may attend each morning.

"You and Your Food" is one subject to be discussed by Ethelwyn Wilcox, professor of foods and nutrition at Utah State Agricultural college. "Rural Women Move Forward" is a topic to be presented by Amy Kelly, Missouri state extension agent. Other lecture topics include "Recreation for Teen Ageds" and "Design in Flower Arrangements."

"Make your reservations now for the Country Life conference, and plan to relax and have fun for four wonderful days on the beautiful University of Arizona campus," said Mrs. Harrison.

In Country Life Conference



Graham county was represented by six women at the 1948 annual Country Life conference which was held at the University of Arizona in Tucson. Attending the conference for rural women last year were (left to right) Mmes. Loretta Layton, Safford; Marvine Nuttall, Safford; Vinnie Marshall, Pima; Annie Christensen, Eden; Thelma Hart, Ft Thomas; and Lois E. Harrison, home demonstration agent, Safford.

The Arizona Homemaker

Safe at Home

Homemaker Can Safeguard Family's Health by Pasteurizing Milk in Her Own Kitchen

RURAL homemakers in Graham and Greenlee Counties are taking no chances on the milk they serve their families. They know that milk may be either a life-saver or a death-dealer, and they're making sure which kind they serve. They know that raw milk may carry bacteria that will cause tuberculosis, undulant fever,



Lois Harrison demonstrates the flash method . . .

septic sore throat or typhoid fever in persons using it . . . even though it has been milked into sanitary pails, in sanitary surroundings by sanitary milkers. It's the cow that counts and just one cow in a herd can contaminate the entire output on the farm.

Pasteurization is the only safe method to guard against infections from milk. So the Graham and Greenlee women have learned to pasteurize . . . and under the direction of Lois Harrison, home demonstration agent for the two counties, they've found it easy to do.

The flash method, Mrs. Harrison demonstrated to her homemakers groups, is simple and effective. A double boiler or kettle, and a dairy thermometer are all that is needed. But the thermometer is important. Guesswork will not do.

Heat the milk to be pasteurized in the kettle or double boiler over a hot flame, stirring it constantly until it reaches 160 degrees. Hold 20 seconds. Use the dairy thermometer to check the temperature. Immediately place the milk container in cold

water and continue stirring until it is cool.

If milk is to be stored in containers other than that in which it was pasteurized, containers should be sterilized before processed milk is put into it.

To pasteurize milk in bottles, fill sterile bottles within one inch of the top and put tight covers on all but one. Pour out a little milk from this bottle, punch a hole in the cover and place cover on bottle. Insert a dairy thermometer in the hole.

Set all the bottles of milk on a rack in a pail filled with cold water which comes nearly to the tops of the bottles. Heat until the thermometer registers 145 degrees F. Then remove the pail from the heat, but



. . . the hold method . . .

leave the bottles in the hot water for 30 minutes.

Do not let the temperature drop below 145 degrees during this half-hour. (Commercial pasteurizing plants in Arizona use a temperature of not less than 147 degrees.) If it drops below that, immediately reheat it enough to bring it back to that temperature. After the 30-minute period, replace the hot water gradually with cold water until the milk has cooled. After cooling, keep the milk in a cold place, preferably a good refrigerator.

Electrically-operated, thermostatic-controlled, home-size pasteurizers, which sell at prices from \$55 to \$75, do the job efficiently and are simple to operate. Their chief advantage,

probably, is that they make cooling easier and faster.

Home pasteurizing has the blessing of the Arizona Department of Health, under certain conditions. "There is no real reason why home-pasteurization by any of the three methods described shouldn't be effective, and rural women can do much toward keeping their families healthy by pasteurizing the milk from their own cows," O. V. Cooper, principal sanitarian, told the women's editor. "However, unless it is properly done, it gives a false sense of security which is something like leaning on a broken crutch. It depends entirely upon the person doing the pasteurizing . . . for the methods themselves are all right. That person must be on the job and give all attention to the job until the milk has been properly cooled and placed in the refrigerator."

Temperatures are all-important in the pasteurizing process from two standpoints, killing bacteria and preserving flavor, says Cooper whose



. . . home-size electric pasteurizer.

work is with commercial pasteurizing plants. If the milk gets too hot it develops a scorched taste which even cooling will not eliminate. If it isn't hot enough, it doesn't kill the bacteria . . . so watch that thermometer.

Proper cooling is absolutely neces-

(Please Turn to Page 2)

goes.
Graham and Greenlee County women believe it's worth the effort.

Control Of Flies And Mosquitoes Discussed At Public Meeting Here

On February 28th a meeting on the proposed control of flies and mosquitoes in the towns and cities of the Gila Valley region of Graham County was held at the courthouse. This meeting was initiated by the Graham County Homemakers' Council and the home demonstration agent, Mrs. Lois E. Harrison. At the request of Mrs. Harrison the extension entomologist, Dr. J. N. Roney was present to talk to the group on methods of laying the ground work for control of flies and mosquitoes in any community.

Dr. Roney stated, "the extension service in 1948 cooperated with the city of Winslow in a fly and mosquito control campaign and since such wonderful success was made we feel we are now in a position to offer suggestions to any other part of the state that is interested in such a campaign.

"Many of the suggestions that we offer are based on fly control campaigns that have been conducted in Iowa, Oklahoma, Ohio, and several other states. We feel therefore that we have a great deal of experience that might add a great deal to a campaign for any locality.

"The mere application of an insecticide doesn't mean control of flies and mosquitoes," Dr. Roney continued. "Flies breed in the garbage that may be left open around the home as well as in other piles of rotting material; therefore the campaign to control these pests would necessitate the cooperation of merchants, hotel men, restaurant men, liquid refreshment groups, as well as each and every household. In other words, "Dr. Roney went on, "it takes the cooperation of the entire community if the program is to be successful."

The second meeting is called for the night of March 23rd for the purpose of informing at least two representatives of every organization in the valley of the methods and procedures to be used in a program for control of flies and mosquitoes. This second meeting will be at the courthouse in Safford at 7:30 p.m. and extension service representatives will be present to offer assistance.

CENTRAL P.T.A. MET FRIDAY

The Central PTA held its regular monthly meeting at the church house Friday evening at 7:00 p.m. President Eva Coombs conducted. Singing, America. Invocation by Bert Shurtz.

A program was presented by the 7th and 8th grades under the direction of Hattie Shurtz. A radio play, "Court convenes in Health City", was presented by all 7th and 8th grade members. A reading was presented by Brent Shurtz. Song by the 7th and 8th grades. A colored film "Battling Brucellosis" was presented by Mrs. Lois Harrison, Graham County Home Demonstration Agent. Mrs. Harrison gave a very interesting and instructive talk on undulant fever which is transmitted to humans from cows through raw milk.

A large crowd of parents attended the meeting.

Lois E. Harrison
Graham County
1949

III. Project Activities and Results

B. House and Furnishings

The project of restoring old furniture, which had been done in 1948, has brought all through 1949 individual requests for advice and assistance in that line of work. The project had been carried through leader training in homemaker clubs and L.D.S. Relief Societies. Even so, some women missed the study. They, as well as some who had participated, brought enough requests for a repeat project that the same work is to be taught again in December, 1949. It will be handled as a special interest school with three or four days of furniture workshops.

One homemaker has turned out to be a proficient carpenter in her own rights, and because of her knack for furniture repair, will assist the home demonstration agent in the coming school. Some of the pieces she has repaired or remodeled during the past year include: remodeling a wood back-and-arm chair into an upholstered chair covered in plastic, restyling a davenport by adding butterfly end tables to each arm and re-upholstering it. Another homemaker has accomplished the task of repairing all her living room furniture—a davenport and three chairs. She had a real job in re-tying the springs of the davenport, and another in re-pocketing the springs of the loose cushions. A flood ruined the furniture of a third homemaker. She was given assistance by the home demonstration agent to recover the pieces with plastic. The agent has helped at least ten other homemakers with some phase of restoring furniture. These women could not wait until the coming school to do their work.

While the agent was on vacation she took advantage of being able to watch commercial workers finishing woods, re-upholstering and slip-covering furniture.

The extension home management specialist spoke on "House Planning" at the fall County Council meeting. She outlined family living factors that should be considered when anyone is planning to build a new house. She illustrated and demonstrated her talk by using a model of an expandable house. This model was built by an engineer connected with the state extension service. It shows clearly how the original building can be done so that additions may be built, still keeping the house in good proportions. The model and construction blueprints have remained in the county for families to borrow. They were given a prominent spot on a homemakers' club float in the county fair parade.

Lois E. Harrison
Graham County
1949

Stemming from the previous furniture work, the project "Room Color Schemes" was studied in October. Leaders were carefully instructed by the home management specialist and the home demonstration agent in training sessions. Teaching kits were provided which included sets of rug, linoleum, wall, and woodwork colors, drapery and upholstery combinations. Tradition schemes and modern adaptations were both illustrated in samples. Fabrics and colors for Arizona were given first emphasis. The agent attended club meetings at which the project was taught. Women came with their own specific problems in mind, which they discussed freely, and for which they got usable help. Leader reports of this project will come in next year. It is not a project of passing interest.

While the specialist was in the county a visit was made to one homemaker with whom a working plan for color of walls, woodwork, and furniture was made. By the use of a paint color selector extension personnel and the homemaker were able to make practical decisions. Another homemaker with whom the home demonstration agent worked has a unique problem of decoration. Very tiny high windows on either side of a tall, narrow fireplace call for ingenuity in draping. It was decided to camouflage the smallness of the windows by extending glass curtains and draperies beyond the actual window frames.

This year one advanced sewing 4-H club spread out to include "Room Improvement". Four girls redecorated, rearranged or refurnished part or all of their bedrooms. The display of one of the girls at county fair was excellent. She sent her room color scheme posters to state fair. For the achievement day judging contest of this club, the largest local home furnishings store set up four room arrangements. Girls did their judging there, and the public was conscious of what was going on, and the learning involved. Cooperation on the part of business concerns, of this kind, shows community spirit and is greatly appreciated.

Room color studies made this year guided the planning of projects for the coming year. "Lighting" and the "Making of Lamps", "Window Treatments" and the "Making of Draperies" are scheduled for next year's study.

Lois E. Harrison
Graham County
1949

III. Project Activities and Results

C. Nutrition

Nutrition as a subject covers such a wide field that it is difficult to say where is the dividing line between "Health and Nutrition", "Food Preparation" and nutrition, or "Food preservation" and nutrition. It was definitely a part of the county program, but projects involving nutrition can best be described in the sections of "Food Selection and Preparation", "Food Preservation", "Health and Safety". Newspaper articles and radio talks supplemented food studies and emphasized the nutritive value of foods and the choice of foods.

The County Homemakers' Council project of getting the various teachers of children in schools all to teach the same good food habits made some progress. Athletic coaches were contacted by the council committee. They all agreed to instruct according to the "Basic Seven" food charts.

The Red Cross Secretary reported to the home demonstration agent that the blood bank specimens reflected poor nutrition in the county. Both agents will keep tabs on the blood bank reports for the next several months to discern whether or not it is likely that the difficulty can be traced to foods purchased or the preparation of foods.

Lois E. Harrison
Graham County
1949

III. Project Activities and Results

D. Food Preservation and Storage

"Home Freezing" was the main project in Food Preservation. Some foods were prepared and frozen by the agent as early in the year as March for the project teaching in May. The nutrition specialist assisted by the home demonstration agent gave training to leaders. Foods were baked or thawed as follows:

frozen cup cake batter	baked at meeting
frozen baked cup cakes	thawed at meeting
frozen unbaked mince pies	baked at meeting
frozen baked mince pies	thawed and heated at meeting
frozen yeast roll dough	baked at meeting
frozen baked yeast rolls	thawed at meeting

All foods were tasted and compared at the noon hour when ladies supplemented the above foods with lunches which they had brought. Differences were observed in only one case -- that of the yeast rolls. The frozen cakes and pies had been in the freezer box of the agent six to seven weeks. The frozen rolls had been done approximately two weeks before the leader meeting. Foods were prepared for freezing as follows:

strawberries
green beans
peaches (sample of frozen peaches shown)
(apples used at demonstration to show prevention
of discoloration)
chicken fryer
roasting chicken

All available types of packaging materials were shown and discussed. Commercial and home made carrying cases were shown. Economic use of freezer box space was stressed. From the presentation at the leaders' meeting, leaders decided what portions of the lesson they might relay to their own club members. They chose to show how to freeze the fresh foods. A summary sheet of the leaders' reports follows this report section. Freezing demonstration pictures also follow this report section.

Lois E. Harrison
Graham County
1949

Although freezer units are not too numerous in the county, the number of requests for freezing information builds up all the time. Town folks are most interested in freezing baked foods. Some fruit is grown in the valley, not much in the vegetable line. It is not considered economical to buy vegetables for freezing when the finished product is available at the same or sometimes less cost. Homemakers are advised to have their large quantities of meat packaged and quick frozen at the commercial plant.

"Canning for County Fair" and "Pressure Cooker Testing" were handled as one project. Leaders were trained to do the testing. Posters, charts, and samples were passed about to teach correct canning methods and best canned products. County fair judging score cards, set up by the state extension office, were mimeographed and distributed for the benefit of contest canning. A food preservation survey of the county was not made, as in previous years, by the direction of the extension nutritionist. Records of preservation that the county office has are only those of project leaders. Figures in the canning and freezing summary reports which follow this report section, therefore, represent a small percentage of the food preservation in the whole county.

A summary giving the records of pressure cooker testing done by leaders is as follows:

Number of cookers tested	11
Number tested for first time	8
New gages recommended	
2-lb.off	2
3-lb.off	1
Other parts recommended	0

General pressure cooker testing clinics were not held in the several communities, as had been the case in previous years. Only a few were tested in club meetings. However, the figures show that most of those tested had never had any previous attention, and few were in need of parts replacements. For the past three years the county has been well serviced in pressure cooker testing in community clinics. According to the few tested in 1949, it would look as though it will be necessary to go back to general community clinics in 1950.

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Individual requests were answered for the general run of all canning and freezing. Less usual were the requests about canning orange juice, grapefruit and grapefruit juice, dates, figs, and thawed, frozen chicken. The episode of the chicken involved the overturning of a truckload of the frozen food. Practically all families in the rural town were confronted with the job of preserving quickly quantities of the thawing chicken.

The home demonstration agent received at least three requests during the year for assistance in the making of cheddar cheese. One homemaker put away as much as 50 pounds during the time when her cows were producing more than the family's immediate needs for milk.

SUMMARY

LEADER'S REPORT

Food Preservation - Freezing

GRAHAM COUNTY

3 possible returned reports
0 actual returned reports

Leader 3

1949

List the approximate amounts of food preserved by members of your club according to recommendations made by your Home Demonstration Agent (freezing demonstrations, pressure canner clinics, telephone calls, circulars, etc.)

	FRUITS	VEGETABLES	MEAT & POULTRY FISH	PREP. FOODS.
POUNDS: FROZEN	225	250	2400	

The above figures are those obtained by observation and conversation with leaders. Meetings attended by 35 ladies in 3 meetings.



Home Demonstration Agent demonstrating how to bake dough-frozen rolls



Home Demonstration Agent demonstrating use of aluminum foil for wrapping roasting chicken ready for freezing



Mrs. Elizabeth Tea of Clifton, Arizona, displaying foods
ready for freezing packed in 6 types of packaging materials

SUMMARY

LEADER'S REPORT

Food Preservation - Canning

Leaders - 2

2 possible returned reports
1 actual returned report

1949

List the approximate amounts of food preserved by members of your club according to the recommendations made by your Home Demonstration Agent (freezing demonstrations, pressure canner clinics, telephone calls, circulars, etc.)

	FRUITS	VEGETABLES	MEAT & POULTRY FISH	PREP. FOODS e.g. casseroles cakes, pies, biscuits, etc.
QUARTS, CANNED	300	450		

NOTE: Leader report only being used, this does not represent canning by the county in general. Meetings attended by 29 women in 3 meetings.

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III. Project Activities and Results

E. Food Selection and Preparation

"Meals That Save and Satisfy" was the title of a food preparation project. A collection of one dish meal menus giving recipes for the main dishes was very usable by homemakers. At the leader training meeting women prepared six of the ten recipes shown in the folder. They planned at that time just what dishes they would feature in their own club lessons. Three clubs arranged for all-day sessions so that the cooking could be most effective. The most fascinating dish proved to be "onion cheese pie". Homemakers wanted to try it -- it sounded so strange. One short cut in cooking to come out of the project has been well received -- the keeping of "roux" on hand. "Roux" is the fancy name for the mixture of fat and flour prepared beforehand and kept refrigerated for the making of white sauce on quick notice. Casserole dishes prepared were those designed to use leftovers. Women wanted good, usable help in cooking and meal planning. The agent believes that this project was an excellent one to answer that need. The dishes are tasty, easy to prepare, and the menus are simple and attractive. A summary of the leader reports for this project follow this report section.

Menus and recipes for quantity cooking were given to schools and the Scouts. Recipes and baking helps were given on all manner of cookery - from fruit cakes to Mexican dishes to yeast breads. It was pointed out to all women in the county by means of the radio that angel food cakes to be entered in the County Fair should have no icing. This way of teaching must have had its effect, because no iced angel cakes appeared at the fair.

The home demonstration agent worked with individual homemakers after the project on "Home Milk Pasteurization" had been studied whenever personal requests were made. One mother who purchased an electric pasteurizer was most concerned because she did not get enough cream from the pasteurized milk. After watching and testing the performance of the equipment, the agent corresponded with the manufacturer to obtain more specific information about temperature and timing. Evidently the woman is getting as much cream as could be expected.

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1949

Project work in food preparation for next year will be centered around "Family Meals and Service". It is the case among too many families in the valley that they do not gather for meals together at the family table. This project may prove to be a cross between family relationships and food preparation. Mothers are concerned about the food habits of their children and the effect on family unity.

Food preparation requests for advice and bulletins have been constant through the year. Requests about the purchase of cookware, stoves, refrigerators show that homemakers are serious about nutritious and economic cooking and serving of food. Newspaper articles and radio talks have supplemented project work or individual assistance to emphasize nutritious and attractive preparation of food.

SUMMARY

LEADER'S REPORT

Main Dishes that Save and Satisfy

Graham County

7 possible returned reports
6 actual returned reports

Leaders - 9

Recipe	No. of club members who prepared recipe	Approx. no. of times recipe prepared by those reporting	Approx. no. of times recipe prepared by OTHER than those reporting
Mock enchiladas	22	42	6
Onion cheese pie	26	48	4
Hamburger pie	36	76	7
Vegetable cheese casserole	24	56	9
Meat turnovers	26	62	10
Liver casserole	15	45	2
Fish loaf	6	24	1
Baked sauerkraut with sausage	8	20	1
Carrot souffle	3	6	1
Tamale loaf	26	74	3
Broiler Meal I	32	16	4
Broiler meal II	34	20	7

Demonstration seen by 63 women at 5 meetings

Only 1 leader reported for those outside club

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1949

III. Project Activities and Results

F. Health and Safety

"Valley Fly Control" was one of the county-wide projects of the Homemakers' Council. Upon the request of the county extension service, Dr. J. N. Roney, Extension Entomologist, spoke at two open meetings, one late in February, one three weeks later in March, to explain the procedure that should be followed for a valley, or several-community fly control program. It was delegated to a committee of homemakers to contact all valley organizations to explain further the work to be done. The outcome of the project, by itself, was perhaps weak — it being left to each community to arrange its own control. The committee saw to it that there were supplies, information, and assistance ready in each community. Looking at it from the realistic angle, however, this was probably the best solution of the problem. Because there is very heavy crop dusting with benzene hexachloride on sugar beets and cotton in the valley, that in itself provides a good protection against flies. It is known that individual families in the several communities did additional spraying for their own immediate fly control.

A Homemakers' Council committee talked with the board of supervisors concerning the possibility of having a county visiting nurse. The position cannot be filled at the present time. The county does have a county doctor and a health sanitarian. The latter does a good job in his contact inspection of public eating places.

"Undulant Fever and Safe Milk" as an extension service project was broadly publicized. All groups directly or indirectly connected with extension service came to think about the possibilities of illness spread by raw milk. The film "Battling Brucellosis" was shown six times in the county to a total of 187 persons. It was shown in leader training meeting, agricultural classes at Gila College, the Veterans' Trainee Class, service clubs, and PTA groups. A talk concerning the relationship of undulant fever in humans to Bang's disease in cows followed the film showing in each case. Questions presented by the audiences were answered. The home demonstration agent made some of these talks, agricultural people and other leaders handled others. It was gratifying to note the number of men interested. Home milk pasteurization demonstrations were given seven times to a total of 80 persons. Three methods were used - electric equipment,

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1949

bottle method, and open kettle. Most homemakers prefer the bottle method, since it involves no great expense, and it is easy and efficient. Local stores have sold an appreciable number of electric pasteurizers, and a large number of dairy thermometers. This proves that families did take the drive for pasteurized milk seriously. Pictures of the pasteurizing demonstration follow this report section.

Professional personnel showed fine cooperation toward the project. One veterinarian participated with the county agent and the home demonstration agent in a radio program to discuss Bang's disease and milk pasteurization. On another radio program a local physician and the home demonstration agent discussed milk borne diseases and protective milk. Probably the most gratifying experience that came out of the project was the ultimatum stated by the school youngsters in one community after the movie and talk were given in their PTA and public meeting. The children said "We'll bring our milk for school lunch, but we won't drink it - not unless it's pasteurized".

Another check on the effectiveness of the campaign was the statement by a local creamery to the effect that their sale of raw milk had been reduced to practically none. One Gila College student chose to write his thesis on "Milk Pasteurization - Its Pros and Cons". The home demonstration agent was asked to write an account of the safe milk campaign to be published in "The Journal of Home Economics". It will appear in the December issue. A copy of this article follows this report section. A summary of the leaders' reports on the project also follows this report section.

Two homemaker clubs chose "Cancer Education" as a community project. In each case night meetings were held in order that families might attend. A physician spoke to approximately 50 persons at each gathering, on the subject of cancer, its detection and possible cure. He stressed the warning symptoms and the necessity of immediate action when a suspicion of cancer is present. He stated that no one may consider himself immune, and gave figures showing that cancer is the number two killer. Two films, "The Traitor Within" and "A Question in Time", loaned by the Arizona Cancer Society, were shown in connection with the doctor's talks. The desire for this type of health information is reflected in the program for 1950. Other clubs plan to hold similar community meetings.

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The homemakers' club in one isolated community purchased a visiting nurse's kit. The collection of medical and first aid supplies is adequate to anticipate any emergency of rural living. A physician assembled the entire outfit. It is housed in a cabinet built according to specifications of the army. The kit is kept in the home of a registered nurse who lives in the community. It is under lock and key and may be used only under the direction of this nurse. Funds for its purchase were raised by a supper-bazaar held by the homemakers' club. The whole community is sincerely appreciative of the efforts and service of the homemakers' club.

One club devoted a meeting to the lesson called "Home Medical Supplies". A registered nurse conducted the lesson. She stressed "modern equipment and supplies" which families should have on hand. Ladies asked questions to find out comparisons or differences of medicines they had on hand and those recommended by the nurse. Club members considered this project a most important and certainly a helpful one.

As mentioned in the section "Nutrition" the home demonstration agent is conferring with the Red Cross Secretary in a survey of the blood bank specimens collected in the valley. Consistently low iron content is the basis of the study. Depending on facts obtained over a period of time, this matter of nutrition will find its way into the extension service program.

Doctors and school nurses in the county have been very cooperative in giving examinations to 4-H club members. All young folks who have attended out-of-county events have been examined free of charge.

Safety measures have been publicized through posters, circular letters, and the newspapers. The weekly column of the home demonstration agent nearly always closes with a "Safety Tip", thus making the campaign constant. A copy of one circular letter and copies of some "Safety Pays" follow this report section.



Home Demonstration Agent demonstrating how to
pasteurize milk by the open kettle method



Home Demonstration Agent showing how to
pasteurize milk in a 2-gallon capacity,
agitator type, electric home pasteurizer

Rural Home Milk Pasteurization

Background

In Graham County, Arizona, we have recently studied as a homemaking project in Agricultural Extension Service, "Safe Milk and Home Pasteurization". Because of the relatively high incidence of undulant fever in the state, and locally in our county, rural women brought the matter to the attention of the County Homemakers' Council. This organization, composed of officers of Extension Homemakers' Clubs and affiliated organizations, considered the situation serious and voted that the project of "Safe Milk and Home Pasteurization" should be part of the 1949 program.

Action

The attempt to educate rural families in the necessity of home pasteurization of milk was very well accepted. Special emphasis was given to undulant fever, though other milk-borne diseases were included in the study. The project was carried from a leader-training meeting to homemakers' clubs, church and school groups, and private service or social clubs. Two types of lessons were developed, each appropriate for the group with which it was used. One lesson combination included a movie and lecture-discussion based on undulant fever and safe milk; the other a lecture-discussion on the same subject with a demonstration of ways to pasteurize milk at home.

A sound, color film "Battling Brucellosis", borrowed from the University of Arizona, was shown nine times to two-hundred-eighty-three persons. In addition to being presented by Extension personnel, it was used at Gila College and by the Veterans' Farm Trainee group. The movie tells of a family whose dairy herd is hit by Bang's disease, and the subsequent action taken by

the family. A talk concerning the relationship of undulant fever in humans to Bang's disease in cows followed the film in each case. Questions asked by the audience were answered.

The milk pasteurization demonstration was given ten times for one-hundred-twenty women. No attempt was made to give detailed information on disease. This teaching outline was used:

Discussion of Brucellosis in cattle, swine, goats - control

Cow testing, disposition of reactors
calf vaccination
sanitation measures
continuous testing program

Discussion of Brucellosis in humans - control

ways of contracting, symptoms, effects
treatment
use of pasteurized milk and milk products

Discussion of other disease organisms in raw milk:
tuberculosis, typhoid, scarlet fever, dysentery,
septic sore throat

Emphasis on milk as necessity for good health of young and old

Use of only safe pasteurized milk and products

Use of temperature chart explaining heat and its destruction of
disease organisms

Demonstration of three ways to pasteurize milk at home

1. open kettle or double boiler - dairy thermometer control
2. jars of milk set on rack in pail of water - dairy thermometer control
3. electric home pasteurizer

Discussion and demonstration of quick cooling of pasteurized milk
to prevent growth of bacteria
to preserve good flavor

Discussion of sanitary care of milk and utensils in the home

Summary

Equipment used for two portions of the demonstration was such as any farm homemaker would have on hand. Women were advised where they might purchase dairy thermometers. Each woman was given mimeographed directions for these two methods. The electric pasteurizer used was one of the hot water-bath type, in which the milk is constantly agitated, of two-gallon capacity, one which the farm homemaker would find convenient. Ladies were shown how to operate it, and many questions were answered concerning it. Each woman was given a list of available electric pasteurizers showing name, manufacturer, distributor, retail price, capacity, weight. Aside from group demonstrations, individual work was done with families who could not attend meetings who made special requests.

Following a Parent Teachers' Association meeting at one school, devoted to the movie and undulant fever discussion, a pasteurization demonstration was requested. Work was done with the cook of the school's lunchroom. As is the custom in many rural schools, several children were bringing milk from their homes for community use. The safe milk project aroused the parents in this community because their children were drinking mixed-herd, raw milk. A pasteurization demonstration was given to parents, teachers, cook, and children. The hot water bath method and the electric pasteurizer were shown. From that day the former method has been used in the school lunchroom. It is fully expected that when the school board again makes appropriations an electric pasteurizer will be purchased.

"Safe Milk and Home Pasteurization" was taught and publicized by more than formal group teaching. Two radio programs of the month were devoted to it. On one occasion a local veterinarian, the county agent, and home demonstration agent discussed "Brucellosis and Milk Pasteurization", on the other a local physician and the home demonstration agent discussed "Undulant Fever, Other Milk-borne Diseases, and Protective Milk". Extension service was fortunate to have the cooperation of professional persons in carrying out this phase of the program. News articles appeared weekly in the local papers.

All physicians in the county were contacted to learn their attitudes toward the project, and to get first-hand statements about the seriousness of undulant fever and other milk-borne diseases in the county. They all advocated the project, and suggested many points to be brought out in the teaching. The worst and most prevalent condition according to the doctors was the back-fence selling of raw milk. Since all towns of our valley are small, many families keep cows to supply their own needs, and sell milk to neighbors. Practically none of this milk was pasteurized. This condition has been reported as changed because the families are pasteurization-conscious.

Results

A survey was made of several food stores which showed that before the safe-milk campaign, much raw milk was sold over the counters. However, by the end of one month of concentrated effort to inform the public of raw milk dangers, considerably less raw milk was being sold, at stores or local creameries. Veterinarians reported many calls for testing of cows.

Most homemakers are now using the container and water bath method of home pasteurization. This process involves expenditure for only a dairy thermometer, and it is a simple way of handling a kitchen task. Those who had been drinking raw milk say that milk treated by this method changes less in flavor. Although it is contended that milk pasteurized correctly shows no appreciable change in flavor, families accustomed to using raw milk reported that they "had to get used to the different taste of pasteurized milk".

The open kettle method is being used by some homemakers willing to take the time to stir and attend the milk. Great care is needed in this flashmethod, for the milk can so easily be overheated. A number of electric pasteurizers have been sold locally, and more would be if any were available that would operate on DC current. The cost of electrical equipment is not great compared to the ease of operation and health value realized.

Women now making butter of pasteurized cream find that churning time is cut to a fraction of what it used to be. Some homemakers are pasteurizing whole milk, then letting the cream rise, others pasteurize the milk and cream separately. They have found for themselves that butter made of pasteurized cream is less apt to become rancid.

Naturally reports come in that families realize the dangers of using raw milk, but haven't started pasteurizing yet because they are waiting until they can afford electrical equipment. It is hoped that these are few, and that the continued pressure brought to bear by neighbors, as well as extension personnel, will convince these folks that they are exposing themselves to unnecessary health dangers.

Parents who are trying to educate their children about health, personal and eating habits, who take health seriously, were ready and eager to take on the additional homemaking task of home pasteurization of milk. Much good actually came out of the project; every day or every week inquiries are received regarding the hand methods of pasteurization, or about electrical equipment. Continued sales of equipment by local stores are real proof of the effectiveness of the safe milk campaign and teaching.

One homemakers' club is planning a booth exhibit for the county fair which will draw attention to the need for milk pasteurization, and show how it can be done at home.

One satisfaction that came out of the project was the "ultimatum" announced by school youngsters in the community where both movie and demonstration were used. The children said "We'll bring our milk for school lunches, but we won't drink it - not unless it's pasteurized."

#

COOPERATIVE EXTENSION WORK
IN AGRICULTURE AND HOME ECONOMICS
State of Arizona
Tucson

5 possible returned reports
4 actual returned reports

University of Arizona
College of Agriculture and
U. S. Department of Agriculture
Cooperating

Agricultural Extension Service
Office of Extension Nutritionist

SUMMARY

LEADER'S REPORT

Brucellosis and Its Control

GRAHAM COUNTY

Home Pasteurization of Milk

Leader's Name 5
Mailing Address _____
Club _____

	CLUB MEMBERS	OTHERS (Relatives, neighbors, friends, 4-H Members, etc.)
As the result of the meeting on Brucellosis and Home Pasteurization of Milk - attended by	105	158
How many now drink only pasteurized milk and use only products made with pasteurized milk?	61	100
How many make sure that the members of their family now drink only pasteurized milk and products made with pasteurized milk?	61	100
How many pasteurize milk at home?	51	114

Directions: Please fill out this sheet at the club meeting
which follows your demonstration and return to
Mrs. Lois Harrison, Home Demonstration Agent,
Court House, Safford

198
c.
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'Safe Milk' Project Theme Planned For Graham County

SAFFORD, Jan. 10. — "Safe Milk" is the theme of the January project in extension work for Graham county, according to Mrs. Lois Harrison, home demonstration agent, and special emphasis is being placed on the project since there is wide use of individual cows in the county rather than concentrated dairy service.

Although there are several dairys in the valley producing and distributing milk on a wholesale basis, there are many families living in the county who own a cow and obtain their milk supply from that single cow. Oftentimes, the surplus is sold to neighbors.

It is this class of people that the January extension project is aimed at and every effort will be made during the month to

see that the vital information in the hands of the extension service is transmitted to every person who owns a cow.

Miss Reba Lincoln, state extension nutritionist, was in the county all week conducting meetings with leaders of homemaking groups and LDS relief society groups. These meetings consisted of the showing of a color and sound motion picture dealing with the various methods of producing safe milk and a lecture period topped off with questions and answers.

Mrs. Harrison will follow up on the meeting conducted by the various leaders to see that the safe milk information is properly given to every interested woman who can carry the story into the home and check up on the individual family milk supply.

COOPERATIVE EXTENSION WORK
IN
AGRICULTURE AND HOME ECONOMICS
STATE OF ARIZONA

University of Arizona
College of Agriculture
U. S. Dept. of Agriculture
and Graham County Cooperating

Safford, Arizona

Agricultural Extension Service
Home Demonstration Work
County Agent Work

October 10, 1949

CAUSES

FARM FIRES

Lightening	37%
Chimneys, flues, cupolas, stacks....	10%
Petroleum & Products	8%
Matches, smoking	7%
Sparks on roofs	7%
Stoves, furnaces, boilers, pipes	6%
Exposures - adjoining buildings	5%
Spontaneous combustion	5%
Misuse of electricity	3%
Friction from running machinery	2%
Hot ashes and open coal fires	2%
Miscellaneous.....	8%



Taken from actual photo -
what happens when gasoline
is stored in drums; more
likely to occur with partly
filled drums than full.
Locate gasoline tanks on
down slope, in shade,
surrounded by trench. Keep
sand handy to fight this
kind of fire.

IS HE COMING TO
YOUR FARM ???

It's easier to prevent farm fires than to put them out, Fire prevention is self-protection. Graham County wants a record for every year of no farm fires. Will you do your part?

Sincerely yours,

Lois E. Harrison

Lois E. Harrison
Home Demonstration Agent

S. L. Owens

S. L. Owens, County Agent

SLO:LEH:lg

"Safety Pays" Items Clipped from end of Home Demonstration Agent's regular column in the "Graham County Guardian, local weekly - Column headed "Housekeeping Helps and Hints" by Lois E. Harrison.

SAFETY PAYS: When you are sewing—do you keep pins and sharp shears out of reach of little folks?

Do you turn the handle of pots or pans on the stove toward the back of the stove?

SAFETY PAYS: Are your electrical outlets provided where needed so that extension cords are not run across the floor?

SAFETY PAYS: Summertime play should be safe. Sharp-pointed shears are dangerous for children. Provide them with blunt-pointed shears.

SAFETY PAYS
How Do You Store Your Gasoline
Out-of-doors? Under ground? In an isolated building? Are containers painted a bright red? Do you stop all motors before filling with gasoline?

SAFETY PAYS: Scarcely a morning that your newspaper does not carry a news item about a death from fire when kerosene is used to start a fire; don't do it yourself, and warn others not to do it!

SAFETY PAYS: You are not "safe at home"—about one-third of all accidents are those in the home. Begin to check your home. Are small rugs anchored? Are all electrical outlets or connections out of reach from the bath tub? Do you have electric cords repaired when they become frayed or worn?

SAFETY PAYS
Do you know how most farm fires start? For a four-year period records show the following:
Lightning, 37%; Chimneys, flues stacks, 11%; Petroleum and products, 8%; Matches and smoking, 7%; Sparks on roofs, 7%; Stoves, furnaces, boilers and pipes, 6%; Exposure, 5%; Spontaneous ignition, 5%; Electricity, misuse, 4%; Friction, parts of machinery, 2%; Hot ashes and coals, open fires, 2%; and Miscellaneous, 7%.
See next week's issue for causes of some of these.

SAFETY PAYS: If Clothing Catches Fire:—When clothing catches fire, don't run . . . it fans the flames. Tear off the burning clothing, if possible, or smother it by wrapping about the body any heavy woolen cloth within reach. Never try to smother a fire with cotton clothing or blankets because cotton burns quickly. The best way to smother the flames is to throw the person whose clothing is on fire to the floor and cover him with a rug or other woolen material, throwing it downward toward the feet in order to keep the flames from the face. Always remember that the flames must be kept from the face.

III. Project Activities and Results

G. Family Economics and Home Management Family Relationships

In a sense several of the projects which were classified under clothing or food preservation are a part of home management. To be able to remodel and salvage wearing apparel is a matter of sewing, but equally is it a problem of family economics and management. To be able to clean and adjust a sewing machine comes under the clothing or sewing division of work, but, because of the money saved and the skill learned, it is definitely an economic consideration. The grooming project taught women to dress their own hair and to prepare home-made personal necessities such as tooth powder and hand lotion. Providing for these items is again a matter of family economics. And so it is with the projects of canning and freezing to a certain extent. All these projects are, however, described in their respective sections of this report.

"Holiday Decorations" as a project is one of home management. It included table and mantel decorative arrangements, favors, place cards, greeting cards, and package wrapping. Patterns were given, direction bulletins were issued. A holiday recipe sheet was distributed, a copy of which follows this report section.

Home management problems and tasks do have a definite place in the program for 1950. By county council recommendation, one very short demonstration of a homemaking job will be given by an appointed person at the opening of every club meeting. These effective quickies will be called "eye openers". Because they have a place at the starting time of each meeting, they are expected to entice the usual late-comers to be on time.

Family relations study was offered as part of the Country Life Conference. Graham County women availed themselves of the opportunity to attend classes on "How to Answer the Questions of Young Children", "Recreation for Teen-agers", "How to Get Along with People", and "Flower Arrangements". The ladies parcelled out beforehand among themselves the responsibility of attending certain classes. By this planning, they were able later to have an exchange of information gained, and they had a complete summary of the conference schools.

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Craham County
1949

The library kit furnished by the University Library, has been used by two clubs in the county. Clubs used it in connection with their meetings for book reviews. Homemakers were assured that they may borrow books directly from the University library. This is a service that, since rural libraries are scarce, can be a real enjoyment and benefit to rural families.

The County Council has a rural library service committee. Its chairman has contacted the Board of Supervisors to determine the possibility of a county book lending unit. She was told that, although the state has passed a law which would make library service possible, the county cannot presently apportion money for the unit.

Radio teaching was used in connection with Home Beautification as a home management problem. Several times the county agent and the home demonstration agent have answered over the air questions of home beautification that have come to extension service. On one program a local nurseryman was interviewed so that the listening public might get first hand, professional advice. The county agent spoke at the fall County Homemakers' Council meeting emphasizing the neatness, cleanliness, and beauty of the exteriors of rural homes. He pointed out that there would be less delinquency, less teen-age irresponsibility if homes and yards were pleasant and attractive.

Family management was stressed in connection with house planning and building at the fall meeting of the county council. It was pointed out that family relationships and economics should be considered when building a new house.



HOLIDAY TIME IS CRANBERRY TIME!!

Cranberry Orange Relish

4 cups cranberries, 2 oranges, quartered and seeded,
2 cups sugar

Put raw cranberries and oranges through food chopper. Add sugar and mix well. Chill in refrigerator a few hours before serving. Makes one quart relish. This relish will keep well in the refrigerator for several weeks.



- Variations:
1. Peel, core and dice 2 apples; stir in for cranberry apple relish
 2. Stir in 1/2 cup each diced raw carrots and celery for cranberry vegetable relish
 3. Add 1 cup canned or fresh grapefruit segments
 4. Stir in pinch powdered cinnamon and cloves for a spicy relish
 5. Stir in 1 cup frozen or canned or fresh diced pineapple

Cranberry Ice Box Cake

3/4 cup sugar	8 tablespoons corn starch
1/2 teaspoon salt	1 teaspoon lemon juice
4 cups cranberry juice	4 cups sponge or angel cake cubes

Combine sugar, corn starch, salt and lemon juice. Gradually add cranberry juice, heat to boiling over direct heat and then boil gently 3 minutes, stirring constantly. Cool slightly. Add cake cubes. Blend thoroughly. Pour into waxed paper-lined loaf pan, cover with waxed paper. Chill for at least four hours. Unmold on serving tray. Garnish with whipped cream. Makes 1 loaf (9"x5"x3") or 8 to 10 servings. If a more vivid color is desired add a few drops of red food coloring when cream is added.

Turkish Delight

3 tablespoons gelatin	1/2 cup hot water
2 cups sugar	Grated rind and juice of 1 lemon
1/2 cup cold water	Red or green coloring
Grated rind and juice of 1 orange	

Soak the gelatin in the cold water. Put the sugar and hot water in a saucepan. When it reaches the boiling point, add the gelatin and simmer twenty minutes. Add color and the flavorings; strain into a bread pan which has been rinsed with cold water. The mixture should be from one-half to one inch in depth.

When it is cold, turn it onto a board. Cut into cubes or other shapes and roll in confectioners' sugar.

If you prefer other flavors, such as peppermint, wintergreen and clove, omit the fruit juice and rind, add one-half cup of water, and flavor with a few drops of oil of peppermint, oil of wintergreen, oil of cloves, etc.

Lois E. Harrison
Graham County
1949

III. Project Activities and Results

II. Clothing and Textiles

Study in clothing and textiles for the year has been highlighted by tailoring. In a special interest class 33 women completed suits or coats in December, 1948. For the teaching of this class the clothing specialist was assisted by the home demonstration agent. A similar class was held in January and February of 1949. So many homemakers had enrolled in the original class that a division had to be made. The clothing specialist assisted in only the fitting workshops of this last class. Thirty more women completed coats or suits. Therefore a total of 63 women were "graduated" out of the 75 who had enrolled in the early fall. Ladies chose fabrics of excellent quality, and were very meticulous in their construction techniques and choice of findings. The extensive tailoring instruction sponsored by extension service has added tremendously to the prestige of the service. Pictures and articles appeared in all locally distributed papers and in the "Arizona Farmer" magazine. Samples of these follow this report section. A summary sheet showing continued use of the tailoring instruction by class members who answered the questionnaire also follows this report section.

Savings of the first class group were indicated by the women themselves to be on an average of \$40.00 a garment. Savings indicated by the second group were approximately \$50.00 each. In many cases outfits which would be purchased for from \$150.00 to \$300.00 were made for less than \$100.00. In another case, the actual saving of one woman on a light weight finger-tip length jacket may have been only \$10.00 to \$12.00.

One homemaker in the class had never had a suit in her life. The ready-to-wear garments had never fitted. She now is more than pleased with her home-tailored suit which does fit to perfection, and is, indeed, lovely to look at. Another homemaker who has a husband, four boys and a daughter for whom she sews, made for herself a suede cloth full length coat, and for one of her sons a corduroy jacket. These women, like others, are going to continue tailoring for their families from now on.

Lois L. Harrison
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Graham County women who attended the Country Life Conference chose to give as their county report demonstration "Home Tailoring Styles". They staged an "Easter Parade Style Show" in which seven ladies took part. L.D.S. Relief Societies have carried two schools of tailoring in connection with their church homemaking program. Fourteen women have made garments under the teaching of sewing directors. The home demonstration agent has assisted whenever asked. For the relief society anniversary celebration the two local stakes centered their achievement shows around home tailored garments.

Local stores may have lost some business in their ready-to-wear departments, but they have gained equally in comparison by the sale of fabrics and findings. In the long run, no doubt, they will have a better sustained business with these very women who have learned to do their own tailoring. The request still comes that extension service teach the project again next year. It may be, however, that the work has served its purpose for the present. In due time, another such course should certainly be arranged.

"Remodeling and Salvage of Clothes" was a project especially designed to take care of the teaching needs of the L.D.S. sewing directors. The Relief Society winter program centered around the many phases of make-overs. Since the Relief Societies affiliate with extension service for training, this project was timed perfectly. The demonstration and illustrative kit included suggestions from "buttons and bows" to recutting knit articles. During the one month of its peak use the lesson was presented to a total of 114 homemakers. A summary of the leaders' reports follows this report section.

After attending a sewing machine cleaning school taught by the clothing specialist the home demonstration agent held similar clinics in the county. Leaders were trained first who later assisted the agent with other clinics. Clubs which chose the sewing machine work, learned in club meeting only how to adjust machine stitching. Machines were taken apart

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1949

and cleaned only in supervised workshops. Fifty-eight women cleaned and adjusted sewing machines under the guidance of the home demonstration agent. Forty-three more women adjusted the stitching of their sewing machines at their own club meetings under the guidance of leaders. This project has been so popular that it is competing with the tailoring for first place in the hearts of extension service cooperators. The project is repeated in the 1950 program. There will be as many more clinics as there were in the past year. It is always stressed that extension service is showing homemakers how to clean sewing machines — not to repair them. It is not considered that business is taken away from repair men. Pictures taken at the workshops follow this report section.

The project "Making the Best of Appearances — Grooming" was quite an intriguing one for homemakers. They enjoyed trying new hair styles and have been enthusiastic over the home-made hand lotion, tooth powder, and face cream. When women are shown how they can save money on personal items they are pleased. Homemaker clubs and relief societies both taught the lesson. Leader reports will be turned in next year.

"The Apron Kit" prepared by the clothing specialist has been used by six groups. Ladies have bought, cut and copied patterns of each other's favorite aprons, as well as have they adopted the patterns in the kit. Most clubs have had this project close enough to Christmas to use the aprons as holiday gifts.

Sewing and clothing study of this year influenced the choice of projects for next year. "Making Clothing Accessories", "Feet and Shoes", "Designs for Self", and "Sewing Machine Attachment Use" are all included in the coming program.



Coats made by Graham County women in one of the Extension Tailoring schools.



Suits made by Graham County women in one of the Extension Tailoring schools.



Three-piece suit ensemble made by the young lady's mother and grandmother in one of the Graham County Extension Tailoring Schools.



Showing mothers who made tailored garments worn
by their son and daughters



Showing thirteen suits made in the Extension
Service Tailoring School



Showing three each of exceptionally well-made
suits and coats
Extension Service Tailoring School



Showing ten coats made in Extension Service Tailor-
ing school

They Got 'em in Graham

Thatcher-tailored or Safford-sewed Garments Worn by Tailoring Class Graduates



Proudly wearing suits and coats they made themselves, 12 of the 40 Graham County women who recently completed a course in home tailoring are shown. Left to right: Jean Ellsworth, Marvine Nuttall, Mrs. Arnold Greenbaum, Mrs. S. L. Owens, Mrs. Arthur Evans, Mrs. Joseph Norton, Martha Phillips, Helen Richardson, Etta Smith, Edith Misak, Mrs. Merrill Kempton and Myrna Hancock.

TAILORED in Thatcher" or "sewed in Safford" is the answer many Graham County folk are receiving when they compliment the new outfits some 40 of their friends are wearing. Too, they're pretty likely to hear "and it cost me \$40 less than what I'd have had to pay for a 'store-bought' outfit that's not one bit better." For the 40 women who have just completed the course in tailoring, directed by Lois E. Harrison, Graham county home demonstration agent, are justifiably proud of the suits and coats they've made.

Under skillful fingers, soft woollens and firm worsteds, gabardines, tweeds and broadcloths—plain, striped or plaid in pattern—became neatly tailored garments fashioned to fit the individual maker . . . and her purse.

Helen L. Church, state extension clothing specialist, attended each of the five all-day sessions, held alternately in Safford Methodist Church vestry and the Thatcher L.D.S. Relief Society hall to accommodate women from all parts of Graham County. Under her tutelage, fitting, bound buttonhole making, putting in pockets and linings . . . all the bugaboos of the home dressmaker were met and conquered.

With completion of the first class, another group of Graham home-makers has begun work on tailoring.

UA Extension Trains Class In Tailoring

By NORMAN HARRINGTON
SAFFORD, Feb. 1.—Continuing in the footsteps of the first tailoring class held last year, nearly 40 Graham county women completed the course in tailoring just concluded by the agricultural extension service of the University of Arizona under the direction of Mrs. Lois E. Harrison, county home demonstration agent.

It was another, and an important way, of beating the high cost of living since 25 of the participants in the class estimated they saved over \$40 on each outfit. Money saved is not the only point of interest, they pointed out. The skill gained in home sewing can be used on countless other occasions.

Five Sessions

The five all-day sessions in which the class learned cutting, fitting, tailoring constructions and the techniques of handling wool fabrics were held in the Safford Methodist church basement and the Thatcher ward LDS Relief society hall.

The two locations were used this year for the classes in order to accommodate women from all parts of the county.

The course of instruction also included such studies as the proper way to make interfacing, shoulder pads, how to make bound buttonholes and pockets and how to put in linings.

Suits And Coats

Miss Helen L. Church, state extension clothing specialist, gave the instructions and demonstrations on all phases of home tailoring. She was assisted by Mrs. Harrison.

The number of suits and coats made were about equal and the materials chosen included soft woolens and firm worsteds, gabardines, tweeds and broadcloths. Stripes and plaids were the popular choices with many of the women selecting solid colors for their projects.

Another similar class in tailoring is being conducted at the present time in this county.

Graham County Women Can Sew



The group picture shows suits and coats modeled by six members of the second Graham county tailoring class which was conducted under the sponsorship of the University of Arizona extension school. Left to right are Mrs. Charles Woodford, Miss Jean Ellsworth, Mrs. J. Ivan Wimmer, Mrs. Boyce Lines, Mrs. Joseph Norton and Mrs. Merrill Kempton.

Miss Ellsworth (at the left) is modeling a three-piece suit made by Mrs. Leslie Ellsworth and Mrs. LeRoy Scarlett.



Graham County Ladies Tailor Own Clothes



Left to right: Mrs. Robert Lansden, Mrs. Eldon Smith, Mrs. Lorraine Moyers, Mrs. Etta Woolsey, Mrs. Thelma Lines, Mrs. Norma Bryce, Mrs. Tillie McClelland, Mrs. Minnie Jensen, Mrs. Dave Stouffer, Mrs. Lois Harrison, Mrs. Robert Goodman, Mrs. Nat Hoopes, Miss Ethel Burrell. Mrs. Charles Burrell made her daughter Ethel's suit.



Left to right: Mrs. Pauline Scott, Mrs. Carl Durham, Mrs. Moroni Larson, Mrs. Jesse Udall, Terry Hoopes, Mrs. LaVelle Hoopes, Miss Annabelle Weech, Mrs. Cressa Nelson, Mrs. Ray Foote, Mrs. Pearl Cluff. Mrs. LaVell Hoopes made her son Terry's jacket, and Mrs. Jeannette Weech made her daughter's coat.

COUNTY HOME TAILORS MAKE SUITS AND COATS

Another tailoring class in the county has completed coats and suits to equal in style and workmanship those made earlier in the winter. So many ladies enrolled last fall for the class given by the University of Arizona Agricultural Extension Service under the direction of Mrs. Lois E. Harrison, home demonstration agent that work with approximately half of them had to be delayed until after January first.

The trend of color in the spring suits and coats was in gray, but a few fingers, tweeds, gabardine, suede cloth and flannel were

scattering of blue, pink, green, and wine makes the array of garments a colorful one. Under carefashioned into neatly tailored outfits. Bound buttonholes, patch and set-in pockets, trim lapels or soft roll collars are displayed with equal pride.

Miss Helen L. Church, Station Extension Service Clothing Specialist, was in the county to supervise the fitting lessons. Mrs. Harrison gave all demonstrations of tailoring techniques and constructions in the various phases of home tailoring.

One class member said that she has never had a suit before because the ready-made haven't fitted. But her home-tailored suit fits to perfection, and she is justly proud of it.

A penny saved is a penny earned—So the ladies of the class consider, and these ladies, nearly 30 of them—as a group saved up to \$50 on an outfit.

GRAHAM COUNTY

57 possible returned reports
30 actual returned reports

COOPERATIVE EXTENSION WORK
IN
AGRICULTURE AND HOME ECONOMICS

University of Arizona
College of Agriculture
U.S. Department of Agriculture
and Graham County Cooperating

Safford, Arizona
August 22, 1949

Agricultural Extension Service
Home Demonstration Work
County Agent Work

SUMMARY:..... ACCOMPLISHMENTS FROM TAILORING SCHOOLS

NAME: _____ ADDRESS: _____

1. Have you made garment other than the one made at Tailoring Meetings?

How many 25 Suits 11 Coats 14

Do you plan to make a Tailored Garment this fall or winter? 18

2. What of the following have you used?

1. Clapper for pressing	Yes <u>27</u>	No _____
2. Shoulder pads	Yes <u>23</u>	No _____
3. Method of finishing hems	Yes <u>24</u>	No _____
4. Press cloth	Yes <u>28</u>	No _____
5. Buttonhole Method	Yes <u>27</u>	No _____

3. Have you helped others with tailoring problems? Yes 22 No _____

4. Have you used information learned in purchasing ready made coat or suit?

Yes 7 No _____

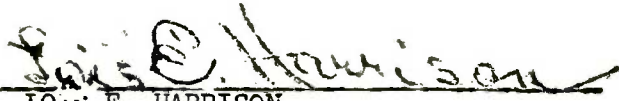
Other comments: _____

DATE: _____

PLEASE: fill out this sheet and return it to Mrs. Lois E. Harrison,
Home Demonstration Agent, Courthouse, Safford.

Return by October 1st.

Addressed envelope enclosed


LOIS E. HARRISON
Home Demonstration Agent

If this compiled report of 30 out of 57 reflects similar work by the others
the teaching has been very valuable

LEADER'S SUMMARY REPORT SHEET

SOLE TAILORING TECHNIQUES

County: Graham

Special Interest

Leaders: Carol Lines
Verna Evans

Check below the method or methods used

I. How information was given to others

1. X Showed by doing 2. X Had others do
2. _____ Showed by completed article 4. _____ Only discussion
or illustration only

II. Number of days you (leader or leaders) spent in helping with this unit of work 50.

	CLUB MEMBER	OTHER*
1. How many women used following techniques:		
Duttonholes	13	8
Pockets	9	
Shoulder pads	14	4
Hem finishes for coats and suits	14	
Carbon paper	2	
Tying threads	14	6
2. How many made:		
Clappers	13	
Press cloths	14	

*Relatives, neighbors, 4-H leaders, friends that you may have helped

REMODELING CLOTHING	8 possible returned reports
	5 actual returned reports



Showing county women cleaning
sewing machine parts in Extension
Service Machine Cleaning and
Adjusting Clinic



Showing ladies cleaning their own sewing
machines in Extension Service Sewing Machine
Cleaning and Adjusting Clinic.

Lois E. Harrison
Graham County
1949

III. Project Activities and Results

I. Recreation and Community Life

The Klondyke Homemakers' Club is the best example of recreation and community life stemming directly from extension service. The women of this isolated community seldom get together except for their club meeting. They make a rather festive occasion of their pot-luck dinner, and always arrange for a recreational period of the day as well as for the current lesson. Other clubs have found that allowing time for games or singing has added zest to their project meetings. Every club devotes one summer meeting to a picnic get-together for all their families, and some have Christmas parties for families.

The Safford club hit upon a unique answer to roll call. Each month each member answers by giving her favorite recipe for a particular food chosen for that month. A club committee receives all recipes. At the close of the year, this committee will compile a Safford Homemakers' Club recipe book. They expect to have it printed and sell copies.

This same club acted as hostess to all the 4-H girls' clubs in the town for their achievement day program. The event was held in the Safford High School Home Economics department. The agent feels that this was a fine expression of cooperation, and an excellent way to acquaint women and parents with club work.

In the Lebanon community the girls' 4-H club turned their achievement day into a supper for their parents. The girls prepared the entire meal under the supervision of their leader. The seventeen club members served all their mothers and ten fathers. As evidence of community spirit, this occasion was noteworthy.

In communities where there is no homemakers' club, the PTA's sponsored 4-H achievement days. The average attendance of mothers in the various communities was about 50, which would not have been the case had not the adult organizations cooperated with the youth program.

Lois E. Harrison
Craham County
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Homemaker Council meetings are a form of county-wide community participation which is pleasant. The council has been very active during the past year in endeavors of county-wide interest. Under their proper headings are discussed council projects concerning health, library service, valley fly control, county nursing service, and coordinating the teaching of food habits in the schools. All these show good community spirit.

The County Fair represented participation by all communities in the county. Among the entries, in the women's division, however, it was evident that only two communities were far in the lead with numbers of entries. This was probably due to the fact that money awards were given to organizations or communities on a ribbon-point basis. Only ribbons were given to individual entries. Therefore, the smaller communities felt that there was no chance for them. Ladies who assisted in the women's department represented all the valley communities. Blue ribbon articles of the county fair were retained for sending to the state fair. At the close of the county fair the women's superintendent and the home demonstration agent revised the entry list for next year's fair. Notes were made of all suggestions and changes which might improve next year's fair.

The Ashurst Homemakers' Club took an active part in the County Fair Parade. Their float depicted the several projects of their club learning in this past year. A huge window frame which the women themselves had built, allowed by-standers to look into their homemakers' home. Women were shown measuring each other for patterns, cleaning sewing machines, cooking, hanging draperies. The model expandable house loaned from the state office was also displayed on the float. Two women were shown studying its details. Happily the club received a \$25.00 check from the county fair commission as first prize winner in the parade.

The two communities which have had cancer education programs have shown excellent community spirit. The homemakers' club which purchased for use in its community a visiting nurse's kit is more than appreciated for its community interest.

Lois E. Harrison
Graham County
1949

There has been fine cooperation on the part of church and school officials in providing the use of rooms, buildings, and equipment for extension service meetings. The home demonstration agent, in turn, serves whenever possible in school, church or community activities. The L.D.S. Relief Society of Thatcher gives the use of its meeting room for all leader training sessions.

One educational circular letter of the year was in the form of a Christmas greeting; a copy follows this report section.

COOPERATIVE EXTENSION SERVICE
IN
AGRICULTURE AND HOME ECONOMICS

University of Arizona
College of Agriculture
U.S. Department of Agriculture
and Graham County Cooperating

STATE OF ARIZONA
Safford, Arizona

Agricultural Extension Svc.
Home Demonstration Work
County Agent Work

December, 1948

Merry Christmas Everyone! !

The Christmas season is the fullest one in the entire year, so we want to give you suggestions to bring special glamour to even simple holiday meals.

When company drifts in all during the Christmas season, it's good to be able to say, "Won't you stay for dinner?" Try this recipe to show you're a good manager with a clever imagination: STEAMED CARROT PUDDING:

1 cup sugar	1 cup flour
2 teasp. baking powder	1 teasp. salt
1 cup finely grated raw carrot	1 cup finely
1 cup seedless raisins	grated raw
1 cup dates	potato

Mix and sift sugar, flour, baking powder, and salt. Add remaining ingredients and mix thoroughly. Fill molds not more than $\frac{2}{3}$ full. Steam 2 hours in small molds or 3 hours in a large mold. And for zest, serve it with CIDER SAUCE:

$\frac{1}{3}$ cup butter	$\frac{1}{2}$ cups powdered sugar
$\frac{1}{4}$ teaspoon salt	$\frac{1}{8}$ teaspoon cinnamon
3 or 4 tablespoons cider or apple juice	

Cream together the butter and sugar. Add cinnamon and melt. Stir in the cider or apple juice a little at a time.

And here's a pattern for your Christmas Reindeer - for place cards, pin-on name cards, or just favors:



"In Belgium, Santa's reindeer figure in,
A plate piled high with oats,
A place for them on every hearth will win.
At Christmas dawn the oats are gone,
And in their place are toys."

Sincere thanks for your loyalty and cooperation for Extension Service through the year, and our best wishes for a happy holiday season.

Sincerely yours,

Lois E. Harrison

Lois E. Harrison
Home Demonstration Agent

Lois E. Harrison
Graham County
1949

IV. Outlook

In the past Graham County extension service teaching and assistance for rural families has been accomplished, mainly, by the county agent working with men and 4-H boys, the home demonstration agent working with women and 4-H girls. In 1949, however, both agents have combined efforts in many cases. The thought that family planning, family working out of problems would bring best results is gaining momentum. Probably the one factor of radio teaching has done as much as any other thing to coordinate the work of both agents, and further the assimilation of the teaching by the public. The county personnel plans, in the future, to broaden efforts toward family and community education.

Along the same trend of family and community teaching is the planned organization of community 4-H clubs. Heretofore, there have been separate boys' and girls' project clubs. Now the county agent and the home demonstration agent are getting the two together in the several communities. It is expected that the one over-all club in each center will meet together in the winter months, mainly for recreation. In the summer months, project clubs will meet separately for concentrated project work.

Now that women of the county, through the Homemakers' Council, have taken more responsibility toward the women's program and county welfare, extension service is bound to broaden. Every club and organization affiliated with extension service in 1949 sent in program requests for 1950. This shows a substantial increase in interest and use of the service. Therefore in 1950 and the future, there should be a constantly growing demand for extension service education, among rural families.

As folks come to use "long range planning, short range action" family, community, and county problems can be solved more satisfactorily. Through the Homemakers' Council has come about greater appreciation of project planning and meeting the needs of more than individuals. This circumstance is a good background for future efforts of the county staff toward family and community educational help.

It is expected that one new homemaker club will be organized in the coming year.

Lois E. Harrison

Among the homemakers of the county, extension service is definitely building leadership. The number of 84 adult women leaders serving in 1949 against 54 serving in 1948 in itself proves the direction of leadership growth. It cannot but continue to grow and improve.

Next year's program for homemakers includes projects in the fields of home management and home furnishings; nutrition and food preparation; clothing and sewing techniques; health and family relations. They will be handled through club projects, special interest schools, local special interest projects, and county council activity. Extension service education will be accomplished by demonstrations, discussions, circular letters, bulletins, news articles, radio talks, home and office calls. The program for 1950 is a challenge to the home demonstration agent, the extension personnel, and the rural extension family. It will call for clear thinking, good planning, and ready cooperation.

Because so many womens' groups affiliate with extension service, even though they are not precisely homemakers' clubs, the total percentage of women reached through organized teaching is high. Even so, there are still too many women who cannot or do not attend meetings. It is with these that the agent hopes to work more personally in the future.

In 1949 four communities did not have 4-H work, the reason being that leaders could not be procured. The county staff expects to establish a county 4-H council early in 1950. The homemakers' council has already elected two members to this new body. It is sincerely hoped that, through the combined efforts of the 4-H council, parents in the several communities, and the extension service personnel, 4-H youth work will be offered in every community in the county. There will be organized 4-H clubs for both boys and girls on the Apache Indian reservation.